**Alateen Resources**

Teens are welcome to attend any Al-Anon meeting as they are younger members of Al-Anon! As well, we have **Alateen meetings**for children and teens aged 13- 17 years old over Zoom via the **Al-Anon Mobile App.**

**Guide to mobile app:**

 [**https://al-anon.org/for-members/members-resources/mobile-app/mobile-app-guide/**](https://al-anon.org/for-members/members-resources/mobile-app/mobile-app-guide/)

Currently, there are no Alberta Alateen meetings being held in person or virtually. We hope to get back up and running soon!

In the meantime, here are some ideas you can provide your teen:

1.      Teens can download the **Al-Anon Mobile App** and search meetings for

Alateen. This can only be downloaded on a smartphone or tablet. This is

a free app on **GooglePlay or Apple iTunes**. The Alateen meetings are

listed by day of the week. There are 5 Alateen Mobile App

meetings to choose from. **They are all in the Eastern Time Zone.**

2.      Teens have the option to go to an Al-anon meeting. Alateens are

younger Al-Anon members! Teens have a lot of great ideas and solutions to

your problems that they can share at an Al-Anon meeting!

3.     Teens can check the [al-anon.org](http://al-anon.org/) website and search for electronic

meetings for Alateen in other provinces and countries! There is also a section on the website dedicated to Alateen.

**Alateen Literature**: There is great Alateen literature that you can order directly from <https://al-anonbookstore.ca/>

For more information, questions, or group support contact:

**alateen@al-anon.ab.ca**