

“DENIAL IS BROKEN WHEN WE

QUIT

HOPING FOR A
BETTER PAST,

ACCEPT

THE REALITY OF THAT PAST,

AND SET ABOUT

**CREATING
A DIFFERENT PRESENT.”**

From Survival to Recovery:

Growing Up in an Alcoholic Home, (p. 68)

al-anon.org/for-alateen

Alateen is a confidential peer support group for families and friends of alcoholics. If you're 19 or younger and someone's drinking bothers you, Alateen might help. For details about our weekly Zoom meetings, text Freda at (443) 904-7364.