

Yo! I'm Kailah and I am a Nerang Alateen member. I used to go to Al-Anon with my mum and it really helped! But then the meetings started too late. So we stopped going to Al-Anon. We then found Alateen meetings to go to but I had to be over 12. So when the Nerang meeting started, I went. My aunty is the alcoholic in my family at the moment and I can't see my cousins and they are like my sisters. But Alateen is helping me deal with that now.

Kailah K.

11 yrs

Nerang Alateen

I like Alateen because it gives me a chance to talk about what has happened recently at home. I like 'Good Week, Bad Week' because I can talk about what has happened, good and bad, in my week.

Anonymous

Heidelberg Alateen

Acceptance

I can accept that people can be angry and I don't have to be involved.

*Anonymous,
Heidelberg Alateen*