



# NOT EVERYONE **TRAPPED** BY ALCOHOL IS AN **ALCOHOLIC.**

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Families and friends  
are suffering too.

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**Do you worry  
about how much  
someone drinks?**

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Al-Anon and Alateen  
can help.

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1. Go to the Play Store app on your phone
2. Search for and download  
"Al-Anon Family Groups" app
3. Open the app and create your account
4. At the bottom, click on "Meetings"
5. Under "Meetings" search for  
"WA Area Alateen Room"
6. When it is time for the meeting, the  
"Join" button will be red. Click on "Join"

Join the Alateen  
Zoom  
Meeting  
Monday Nights  
At 7 pm!



**Al-Anon Family Groups**

Help and hope for families and friends of alcoholics

**AL-ANON.ORG**