I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?

Talk to an adult you trust about the problem.

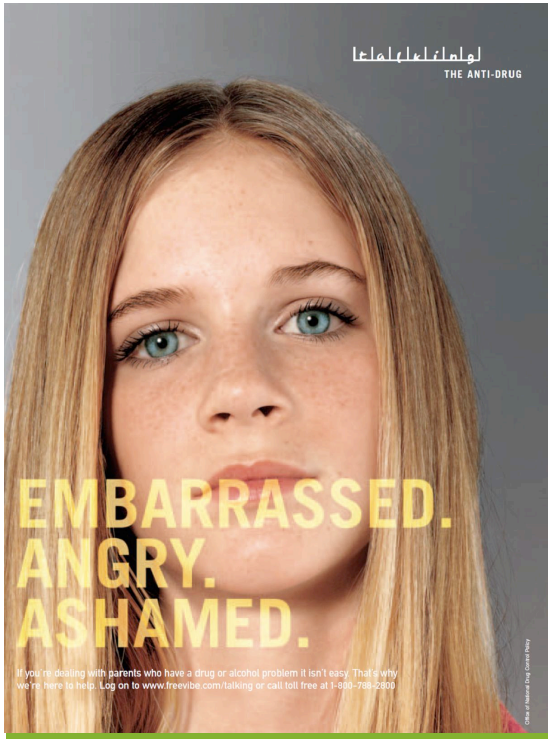
- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called **"Alateen".** Alateen has meetings, like a club, and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

Alateen Support Group

http://al-anon.alateen.org

Telephone: (757) 563-1600



If you're dealing with parents who have a drug or alcohol problem it isn't easy. That's why we're here to help.
For More Information
www.nacoa.org

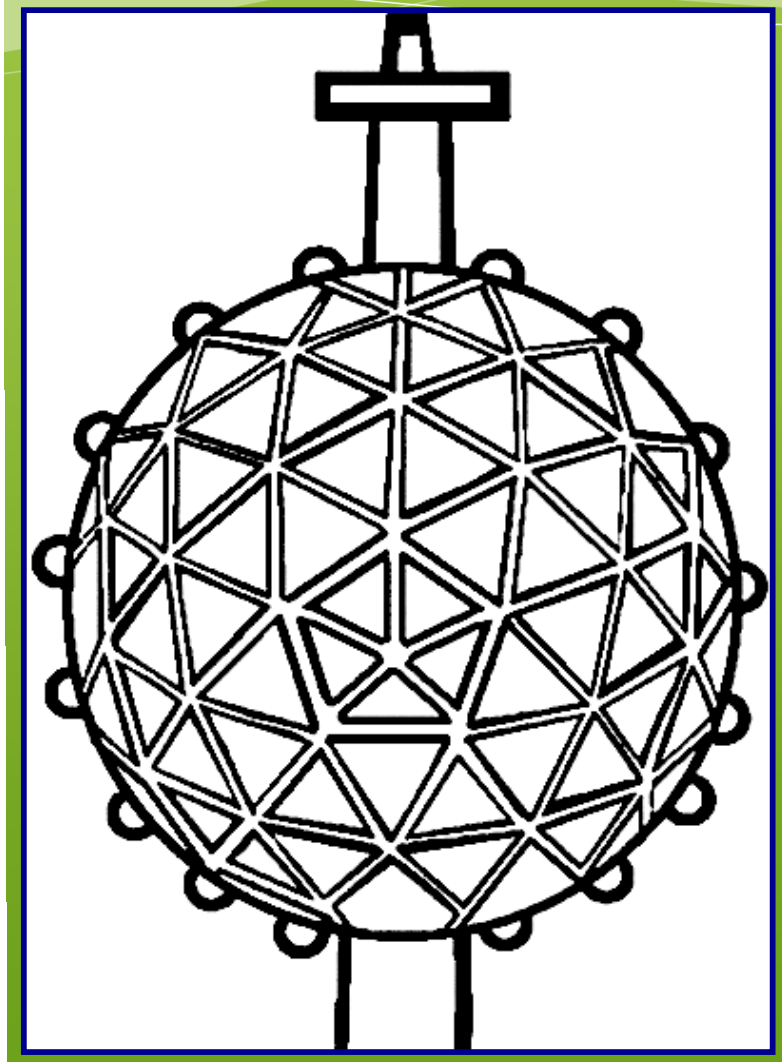
National Association for Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
www.nacoa.org

Use brochure with January worksheet.

National Association for Children of Alcoholics

Looking Ahead

Just 4 Kids



The holidays can sometimes be wonderful but, in families where people drink too much, the holidays can be painful and disappointing. Now it's over and the New Year is a time to build anew. It is a time to think about taking care of you, and to do things that can help make a better life for yourself.

Remember that it is important to take care of yourself. Your job is to be a responsible kid and to have fun. With the New Year you also have a chance to reconnect with your favorite teachers and mentors at school. Stop in and say hello! If the holidays were tough be sure to talk with good friends.

The January Kid worksheet is designed to give you ideas on how you can have a happy and enjoyable year, no matter what is going on in your family. Remember there are lots of kids in your school who are living in a painful family impacted by alcohol or drug abuse.

You are not alone.