

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.

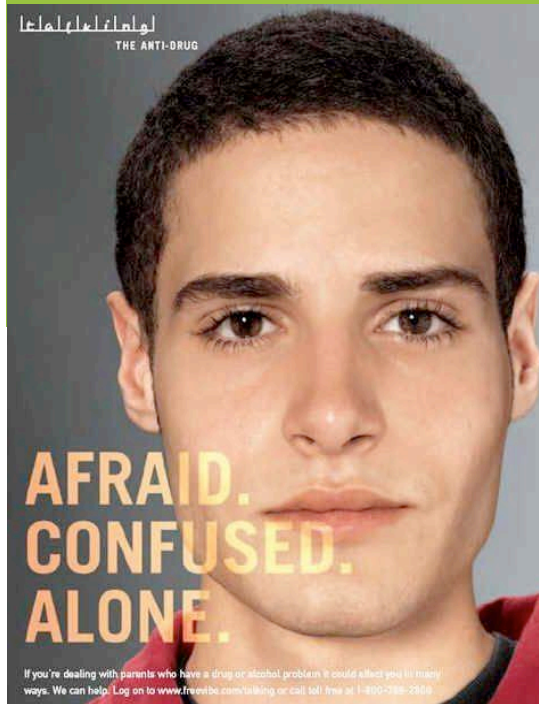
- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

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



For More Information
www.nacoa.org/kidspage.htm



National Association for
Children of Alcoholics
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National Association
for Children of Alcoholics



Gratitude



Just 4 Kids



Family and the Holidays

Having a parent that drinks too much can make the holidays can be confusing and hard. If there are arguments in the house you may want to get out of the way. You could go to another room and read a book or listen to music. You could also visit a close relative that you trust or good friend.

The holidays are a good time to visit grandma and grandpa if they live nearby.



Showing Gratitude

Even though the holidays can be hard, it is helpful to find something to say thank you for. You could thank people in your life by drawing them a picture, or making a holiday thank you card. Telling them that you feel thankful for what they do for you means a great deal to them and can feel good to you too! Also, offering to help get ready for special holidays is an act of kindness that would make others happy.