

# Try an Alateen Electronic Meeting in the Al-Anon Family Groups Mobile App

Alateen meetings in the Mobile App are for young people aged 13 to 18 who have been affected by someone else's drinking. We are invited to share experience, strength, and hope with other teens.

Alateen meetings in the Mobile App are moderated. The meetings are available only to Alateens and take place when the assigned adult Alateen Group Sponsors are present. At this time, Electronic Alateen meetings can only be accessed in the Al-Anon Family Groups Mobile App.

## Alateen Mobile App meeting times

(meetings will be displayed in the Mobile App in your local time)

Monday 6 pm ET	Wednesday 7 pm ET	Thursday 7:30 PM ET
Monday 10 pm ET	Wednesday 9:30 pm ET	

Download the [Al-Anon Family Groups Mobile App](#) to attend electronic Alateen meetings. Click here for [step-by-step instructions](#)

## Alateen Safety

The Alateen meetings in the Mobile App are administered by Al-Anon Family Group Headquarters, Inc., and hosted by Areas (states/provinces) in our U.S./Canada structure or recognized international General Service Offices. These meetings are the only online Alateen meetings eligible to use the Alateen name. The Alateen meetings in the Mobile App are available in English only at this time.

Teens aged 13 to 18 can download the AFG Mobile App to attend Alateen meetings.

Once in the meeting room, the teen can change the screen name to the name they want used in order to be recognized by other Alateens and the Sponsors.

Once the Mobile App is downloaded, teens can access all features in the Mobile App as well as all Alateen and Al-Anon meetings. The Mobile App can be downloaded in English, Spanish or French but the Alateen meetings are only available in English at this time.

At least two Alateen Group Sponsors are present for each meeting.