



## Just for Kids - NACOA

Created by [National Association for Children of Alcoholics](#)

NACoA envisions a world in which no child who struggles because of family addiction will be left unsupported.

Their JUST 4 KIDS site starts with a letter to children who have addiction in their families. There are many tools on this site including questions and answers, a calendar of prompts that encourage exploration of feelings, facts, brochures and worksheets.

*Please don't forget these four facts. They come in handy when you least suspect it.*

- ALCOHOLISM IS A DISEASE. YOU CAN'T CURE IT.
- YOU CANNOT CONTROL YOUR PARENT'S DRINKING.
- YOU ARE NOT ALONE.
- YOU CAN TALK ABOUT THE PROBLEM.

\*\*The National Organization for Children of Alcoholics also has a helpful [Kit for Educators](#) and a [Kit for Parents](#).

[Visit Just 4 Kids](#)

