



Nar-Anon



Midwest Region Outreach

**MAY 2013
Challenge**

Greetings NFG's,

Mother's Day is just around the corner. Let's help some of the mothers out. Mothers are usually the first to seek help. One of the places they go to is a counselor's office. Some of us have been there, to see if they offer any help for our family. To find out what we might have done wrong or how we can fix the problem.

Some of the counselors know about Nar-Anon and suggest their attendance to Nar-Anon. However they may not know how close we are. We need to get our meeting lists and literature in there offices.

This month we are going to contact some counselors. First by phone, because most of the offices don't have a receptionist, in order to keep costs down. You will leave a brief message to request that you would like to drop off some Nar-Anon literature and meeting lists. You will most likely need to leave a phone number, to receive an answer back. Some members may have a counselor or their addict is using one. This will be easier, just bring some literature along with you and ask if they would allow you to leave some in the waiting area.

Research: To find counselors in your area, look them up in the yellow pages or search on the web. Look under family counseling and drug counseling.

Do not forget the school counselors, they are a vital part of guidance and help for not only the students but also the parents of children having problems. They are usually very welcoming of the info and they never know when they will need the resource.

Suggested literature;

- Meeting lists for your area and/or state, region.
- Affected by a loved ones addiction?
- To the concerned family member or friend.
- What is Nar-Anon?
- Or any of the outreach literature you group finds helpful.

Remember to check places you have done previously and refill as needed.

Don't forget to keep a list of places you have been with a date, and contact name.



Always keep the traditions in mind when doing outreach.