



# Nar-Anon Midwest Region



## September Monthly Challenge ! 2013

Listing in News Papers

Greetings NFG's,

With schools starting again, and the concerns of families about drug use there are going to be more people searching for help. With our continuing mission to get the word out and to let those having problems with someone else's addiction know we are out there, where and when our meetings are. We need to keep putting it out there.

**So this month we are targeting newspapers and magazines.**

Yes it is true even in this digital age, some people still read the newspapers. But I have found that the newspapers and magazines also put it out on the Internet. So with putting a posting in the papers we also reach out to even more people through the Internet. There are thousands that receive this.

There are; the large city news papers, local newspapers, community news, school news, local journals, suburban journals, trader papers, and local magazines.

**We just need to contact the newspaper** see if they will post add in their paper for a non-profit organization for free. Some do give free listings but only when there is room, some charge but give a discount for non-profit. (A group or member may pay for the listing with the group's approval. It is not in violation of our traditions. This can be considered a members personal contribution.)

We have found that some of the papers and magazines also have a web page and will also put it on there to get even more exposure as well as on there face book account. So in this modern digital age we are able to reach out and spread the word even more than in the past.

### A sample listing;

#### **Affected by someone's drug addiction?**

Addiction is a family disease. It affects those close to the addict; parents, spouses, siblings, longtime friends, and employers. If someone's addiction is affecting you first you must help yourself. Nar-Anon is a 12-step support group for family and friends of addicts.

Just come to a meeting. You will hear others who are going through similar problems talk about their experience, strength, and hope.

To locate a meeting in your area go to our website:

<http://www.naranonmidwest.org> Or [www.nar-anon.org](http://www.nar-anon.org)

- ◆ Remember to refill literature at places you have been before.
- ◆ Don't forget to update your Craigslist posting.
- ◆ Keep the traditions in mind when doing outreach. (Especially the 5<sup>th</sup>)
- ◆ Attend the teleconferences every third Saturday at 9 am.

Who's spreading the word?

If you have any questions or just need help with improving attendance, please contact the outreach committee @ [outreachmidwest@yahoo.com](mailto:outreachmidwest@yahoo.com) We are here to help.