**Outreach Goals**

**December 2019**

As 2019 is coming to an end and we are looking forward to 2020, let's talk outreach!

 I know that some groups work closely with their area NA groups, which is wonderful. I would like to see more of this. I would like to encourage every group to reach out to the area NA groups and ask if we can leave some of our "Nar-Anon Offers Hope" pamphlets for them to put out with their literature. I know in our area the NA groups welcome our literature and make sure that new members get it to take home to their family members.

One of the leaders of NA will state "a NA member that has family also working a program (Nar-Anon) has a much higher success rate".

This is one small way to get our information to the people that need it the most.

**January 2020**

Let’s get 2020 off to a great start with contacting our local radio stations and giving them the Audio PSA for them to use.

I am hearing the Al-Anon PSA a lot in my area lately. I want to be hearing Nar-Anon too! You never know what person is listening that is needing to hear about our wonderful groups!

You can locate the Audio PSA at nar-anon.org/outreach. You will get detailed instructions under Outreach Opportunities “How to distribute the Nar-Anon audio PSA for radio air time”.

**February 2020**

Let’s go to court, in a good way. This month I would like to see groups taking information to your area drug courts, probation offices, and police departments. The items that we received a good response from were the Nar-Anon Outreach Poster and the tri-fold pamphlet Nar-Anon Offers Hope. My group places a business card inside the pamphlet that shows the addresses and times for the two local meetings we have and that information is also on the poster.

I ordered business cards from Vista Print and can send a pdf of what our business cards look like to anyone who is interested. You can also print Outreach Contact Cards from nar-anon.org/outreach. They are located under the Fellowship Review area.

**March 2020**

March 6th is Black Balloon Day. This day is in honor of all those who we have lost to drug addiction. To honor loved ones let’s get black balloons out in the community on this day.

Our group took an index card and wrote on it:

March 6th

Black Balloon Day

Breaking the chains of addiction or remembering those we have lost to addiction.

We then stapled a business card to the index card.

We had 12 balloons and took them to banks, grocery stores, gas stations, and restaurants.

I know that sometimes outreach seems hard to do, but just think of the one person who you could be guiding to our wonderful groups. The parent, spouse, sibling, grandparent who is suffering still with loving someone who is affected by addiction.

Outreach doesn’t have to take a lot of time. It just has to take a willingness to be the one to get our information out to ones who are where we were.

I am always available for any questions or assistance.

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Blessings,

Nela