



**Distribute Nar-Anon information (i.e., informational flyers, meeting schedules, trifold brochures, posters, etc.) to locations around the community.**

Suggested Locations – bulletin boards at libraries, restaurants, supermarkets, laundromats, oil change/carwash businesses, post offices, barber shops, hair salons, movie theaters; doctor/dental offices, and waiting rooms. (See Nar-Anon Outreach Folder for additional suggestions.)

### What to Do

1. Print/purchase copies of the information/literature your group would like to distribute.
2. During announcements at weekly meeting, encourage members in your group to help with distribution.
3. After meeting, discuss locations to target. As assignments are made, keep track of the specific locations and members assigned to them. Suggestion – set specific location categories for each week of the month, i.e. Week 1: libraries and post offices, Week 2: Supermarkets and Laundromats, etc.
4. Check/replenish information supply monthly.

If you have any questions or would like to request support with this challenge, please email [outreach@nar-anon.org](mailto:outreach@nar-anon.org)