INFORMING THE COMMUNITY ABOUT YOUR NEW MEETING

Outreach is essential to spreading public awareness of the Nar-Anon program and is easy to do. Here are three low-cost ways to get information about your new meeting to the public.

1. Add your group information to the enclosed poster (you may make copies of this piece) and post on bulletin boards at libraries, doctor/dental/mental health offices and waiting rooms, treatment centers, hospitals, churches, restaurants, supermarkets, laundromats, oil change/carwash businesses, post offices, sheriff/police offices, barber shops, hair salons, movie theaters, etc.

2. Contact local and community newspapers and television stations about free postings on their community events, calendar pages, or bulletin boards.

Sample: Are you affected by someone else's addiction? Nar-Anon offers hope. You are welcome to join our group for a meeting of support where we share our experience, strength, and hope. (Include day/time, location, address of local meeting.)

Sample: Addiction is a family disease. It affects the relationships of those close to the addict: parents, spouse, siblings, children, longtime friends, and employers. If someone's addiction is affecting you, first you must help yourself. Nar-Anon is a twelve step program for families and friends of addicts. There are no dues or fees to join - just come to a meeting. You will hear others, who are going through similar problems, share about how they cope and find recovery. To locate a meeting in your area, go to our website at www.nar-anon.org or call (give local hotline phone number).

3. Post meeting information to an online classified ad. Here is a step-by-step guide for posting Nar-Anon information to free online classified ad sites.

Do an Internet search to locate the free classified ad site in your area and follow the directions. Directions may include the following steps:

a. Go to the website
b. Choose "Post to Classifieds"
c. Choose "Community"
d. Choose "Groups"
e. Fill out the form (Note: If you would like to protect your anonymity, you do not need to list contact information. You can create an email address just for outreach efforts.)

Sample:

- Enter email address
- Choose if/how you want email handled
- Posting Title: Nar-Anon Meeting - Tuesdays 7 p.m.
- Posting Body: The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength, and hope. Please join us for an evening of support and recovery.
- Choose if you want to include a map
- Choose if you want to include an image (the enclosed poster or our trademarked logo available at www.nar-anon.org/logokit/)

f. To complete the post, you may need to respond to an email from the classified ad site and accept their terms and conditions
g. Depending on your location, ads may expire in 7 to 45 days and will need to be reposted

Visit http://www.nar-anon.org/outreach/ for additional outreach ideas, tools, and guides.

Have questions? Need outreach support? Please email outreach@nar-anon.org