



WHAT CAN YOU DO FOR YOUR COMMUNITY?

Reducing substance abuse takes all of us. **WORKING TOGETHER.** Be part of the solution.



- ◆ Take a senior to coffee
- ◆ Join the Neighborhood Association
- ◆ Volunteer at the Library
- ◆ Plant flowers in a community garden
- ◆ Become a Kiwanis member
- ◆ Prepare for a community emergency
- ◆ Become an Optimist
- ◆ Buy local



- ◆ Attend a City Council meeting
- ◆ Compliment Police Officers
- ◆ Smile at strangers
- ◆ Walk the neighbor's dog
- ◆ Enroll in a class
- ◆ Go to a church-synagogue-temple
- ◆ Make a donation to charity

- ◆ Teach a SUN School Class
- ◆ Fill a Food Box
- ◆ Be a Mentor for a teen
- ◆ Attend an AA meeting
- ◆ Congratulate a new parent
- ◆ Listen to a child read
- ◆ Attend ALL the High School Plays



- ◆ Lead a litter pick-up in a park
- ◆ Donate books
- ◆ Serve Soup
- ◆ Pray for the jobless
- ◆ Write a positive letter to the Editor
- ◆ Celebrate a teen
- ◆ Thank a Teacher
- ◆ Use the cross walk



We are a coalition of schools, churches, business, media, social services, health care, law enforcement, government, teens and parents, ALL Joining Forces to share time and energy, one action at a time.

We ARE Building a Drug Free Community future!

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