



## Nar-Anon Outreach Table Suggestions

We may only have a few minutes of someone's time

**Welcome** as they approach the table

**Comfort** if they are sad, upset, concerned, worried, frighten

**Invite** them to attend the convention on Saturday. Invite their family/friends to attend the convention

**Encourage** them to take a Convention Agenda, literature, and a meeting list

### **Keep the focus on the Nar-Anon Program of Recovery**

- Share how going to meetings has helped you
- Hand them a meeting list and circle your Home Group and other meetings near them
- Share how you have changed by attending Nar-Anon
- Share which pamphlets you use or has made a difference in your recovery
  
- Remember our primary purpose is to carry the Nar-Anon message.
  - Avoid discussions of treatment centers, the opioid crisis, politics, current news, jails, prison system, etc...
  
- What is Nar-Anon?
  - We are a 12-step fellowship of people whose lives have been affected by the problem of addiction in a friend or family member.

### **Questions to ask**

- Whose addiction has affected your life?
  - We have members that are parents, spouses, siblings, children, and friends
  - Share with them your relationship with the addict
  
- Are you familiar with AI-Anon?
  - If so explain that Nar-Anon is similar to AI-Anon. As a 12-step program for families of addicts we cooperate with Narcotics Anonymous. AI-Anon cooperates with AA.
  
- When talking to an addict ask - Who is the person your addiction affected most?
  - Suggest that it may be helpful for their family to find recovery too
  - Share that as a family member you were hurt by someone else's addiction and you need to recover as well. Nar-Anon has offered you recovery
  - Share with them that we keep the focus on ourselves and not on the addict
  - Share we do not teach people to rescue or save the addict, members learn how to be happy regardless whether the addict is clean or not
  
- Do you have any questions I can answer?

### **In General**

- Volunteering at an Outreach table is a great way to get to know other Nar-Anon members. It may be tempting to just let the people look at the table and not engage with them. Remember our primary purpose is to help the families and friends of addicts. We help others when we share our stories, we ask them questions, we listen sincerely, and we offer our literature and meeting lists. The conversation you have with them may be the only experience they have with Nar-Anon. Let them know how much Nar-Anon has helped you. Suggest it may help them.