



A Program by



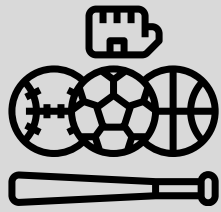
What Can I Do Instead Of Using Drugs & Alcohol

Grow  →

- Learn & Play A New Game
- Read A Book
- Develop A Skill
- Write In A Journal
- Create Art Or Music

Engage  →

- Join A Positive Club/Group
- Write A Letter To Someone
- Make A New Recipe
- Hang Out With Someone New
- Listen to A Podcast

Move  →

- Organize A Sports Tournament
- Go For A Walk or Jog
- Try A New Type Of Exercise
- Learn A New Dance
- Hike/Bike A Local Trail

Connect  →

- Volunteer Locally
- Research Your Family Tree
- Learn A New Language
- Practice Yoga/Mindfulness
- Spend Time With Loved Ones



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