

12 Ways to Support Recovery During the Holidays

1. Include someone in your holiday celebrations who might otherwise be alone during the holidays.
2. If hosting a party where there will be alcohol, offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water.
3. Avoid making alcohol the focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
4. If you are a host, recruit people ahead of time who will not be drinking to help ensure that all guests have a safe ride home.
5. Commit to staying sober if spending time with a friend in recovery.
6. Impairment begins with the first drink. For safety's sake, never drive after drinking!
7. Attend a sober social event (i.e. tree lighting, skating, sledding) and encourage others to attend to create a party atmosphere.
8. Offer someone in recovery a ride to an AA/NA meeting, worship service, or other support group during the season.
9. Acknowledge and support a person's commitment to recovery.
10. Lend an ear - the holidays can be challenging for those in recovery.
11. Give someone a second chance.
12. Support Recovery year-round with a donation to Casa Esperanza!

YES! I want to help make Recovery a Reality!

Enclosed, please find my gift to Casa Esperanza, Inc.:

- | | | |
|---|--------------------------------|--|
| <input type="checkbox"/> \$25 | <input type="checkbox"/> \$100 | <input type="checkbox"/> My company has a matching gift program.
(Please include information) |
| <input type="checkbox"/> \$50 | <input type="checkbox"/> \$250 | |
| <input type="checkbox"/> \$75 | <input type="checkbox"/> \$500 | <input type="checkbox"/> I make this gift in honor of: _____ |
| <input type="checkbox"/> Other Amount: \$ _____ | | <input type="checkbox"/> I would like to make my donation anonymously. |



NAME: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

EMAIL: _____ PHONE: _____

Please make checks payable to Casa Esperanza and Mail to: P.O. Box 191540, Roxbury, MA 02119.

Donate online via credit card at: www.casaesperanza.org.

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