



## **Menu of Activities**

Engaging and creative events play a pivotal role in bringing attention to the challenges posed by AUD but also to celebrate the strength of the community in overcoming those obstacles.

Intended to spread knowledge as well as promote healthier and more mindful choices, each of the events below aims to:

- Spread the word about alcohol use disorder and treatment available in the community
- Help more people feel comfortable seeking care and supporting them in that process
- Shift community culture of drinking for the positive

Create a list to plan for at least three community activities or events to host. When choosing activities to host, consider which of the above goals you want to achieve, what needs are most prominent in the community, your budget, and what expertise you have at the table.

Also consider what existing events are already taking place in your community and think of ways to collaborate or cross-promote with them!

## **PAST EVENTS**

Here is a list of events that achieved great success at our Princeton Project:

- A high school student wellness event,
- Town council presentations,
- A community-wide mocktail party
- A film screening and panel discussion
- Student-led AUD group at Princeton Secondary.

Check out media coverage from our Princeton Project [here](#).

## **IDEAS AND INSPIRATION**

Here are some ideas for your local AUD awareness event. Identify the themes that best align with your goals and will most resonate with the community's needs and interests. We look forward to hearing your ideas and are here to provide collaboration and support along the way!

## **EDUCATION & AWARENESS**

- Panel Discussion or Speaker Series
- Family Support and Education Sessions
- Educational Workshops and Seminars
- Film Screening or Documentary Viewing

- Health Fair or Information Booths:

### **ART & CREATIVITY**

- Crafts Fair
- Art Exhibition
- Community Theater or Storytelling Nights
- Art Therapy or Creative Expression Workshops

### **MINDFULNESS & WELL BEING**

- Peer Support and Recovery Groups
- Mindfulness and Stress-Relief Sessions

### **RECREATIONAL & OUTDOOR ACTIVITIES**

- Community Awareness Walk or Run
- Fitness Challenge
- Community Bike Ride
- Golf Tournament

### **LIFESTYLE**

- Mocktail Workshops
- Book Club

### **DIGITAL ENGAGEMENT**

- Social Media Campaign

### **LOCAL BUSINESS PARTNERSHIPS**

- Bar/Restaurant Partnership Campaign
- "Dry Day" Promotions

### **CULTURE & COMMUNITY BUILDING**

- Community Garden
- Community Clean-Up Day
- Community Picnic
- International Food and Music Festival

***The opportunities to tailor or create your own activities are just about endless. Need help? Contact Community Engagement Coordinator:***

***[jan.biega@cauds.org](mailto:jan.biega@cauds.org)***