



What can I do this weekend instead of using drugs and alcohol?



- Go for a bike ride
- Hike a local trail
- 3v3 basketball tourney
- Have a charades night
- Learn a new dance
- Camp in your backyard
- Make your own slip & slide
- Learn a new language
- Track your family tree
- Go to a yard sale
- Learn to play an instrument
- Watch the sunset
- Have a jewelry swap



- Create a scavenger hunt
- Catch new Pokemon
- Pick berries/apples
- Make a new recipe
- Have a picnic
- Go sledding
- Have a fire pit
- Play manhunt
- Visit a museum
- Have a paint night
- Play a board game
- Visit a zoo
- Have a poker night



- Go to the movies
- Buy a coloring book
- Have a sleepover
- Make a future travel list
- Create a scrapbook
- Attend an open mic night
- Volunteer at an animal shelter
- Practice yoga
- Rearrange your bedroom
- Learn a new skill
- Read a new book
- Visit a trampoline park
- Get tickets to a comedian



"It's better to walk alone than with a crowd that's moving in the wrong direction." - Diane Grant

BROCKTON AREA OPIOID ABUSE



PREVENTION COLLABORATIVE