# HOLIDAY GIVING GUIDE



drugfree.org

# BRING HOPE AND HEALING TO FAMILIES

Dear Friends of the Partnership,

With the holiday season upon us, our hearts break knowing there are millions of families who are struggling with a loved one's substance use. For them, this time of year can cause feelings of uncertainty, fear and hopelessness.

You can help us bring hope and healing to families in this difficult season. There are many ways to give, both in time and financial contributions. We have highlighted a number of opportunities to get involved and we encourage you to be creative, reaching out to your networks during this season of giving. Your support helps us ensure families gain access to free one-on-one support and resources, like our Parent Helpline (855-DRUGFREE).

We appreciate your efforts and passion to further our work, and thank you for your generosity. Together, we can all do our part to provide support for our families, friends and neighbors.

With gratitude,

President and CEO

Partnership for Drug-Free Kids



# **GIVING OPPORTUNITIES**

### Train a Parent Coach

Help us grow our community of volunteer <u>Parent Coaches</u>, who provide guidance to other parents, offering them compassionate support from someone who has traveled a similar path with their child's substance use. <u>Make your gift today to support the expansion and training of our volunteer parent coaches</u>.

# Connect a Parent to a Helpline Specialist

Our kind and caring master's level bilingual specialists offer support to families through our free Parent Helpline (855-DRUGFREE) and online chat. Your gift allows them to connect with more parents and propose a personalized course of action, offering the best guidance and resources for each family. A gift of just \$50 allows two parents to connect with a specialist for one-on-one help.

# **Shop for Good**

A great way to give back is simply by shopping! Turn your holiday groceries into hope for families by shopping at your local IGA grocery store and purchasing specially marked IGA-branded products. A percentage of the products you buy go back to support the Partnership's mission. Click here to find your local IGA.



If you shop through Amazon, choose the Partnership for Drug-Free Kids as your charity by visiting <u>amazonsmile</u>. Amazon will then donate a portion of the proceeds from your purchase to us. Need a holiday gift idea? <u>Purchase a book from our Amazon bookstore</u> to give to a family member or friend.



# Pledge Your Holiday Gift

Ask your friends and family to donate to the Partnership in lieu of a present. Click here to set up your Holiday Gift pledge and start sharing why you believe it's better to give than receive!

### Make a Tribute Gift

Make a gift in memory of a loved one or in honor of your own or another's recovery. Your gift will empower families with support and solutions. Click here to make a tribute gift.



# **VOLUNTEER OPPORTUNITIES**

### Host a Fundraiser

You can use your interests and passions to change lives through a unique fundraiser. Organize an office or school-wide event to raise money on behalf of the Partnership. Get creative and even set up a challenge between departments or grades to see who can raise the most money.

Challenge your co-workers to donate to your fundraiser in lieu of a white elephant exchange or Secret Santa and celebrate your success at your office holiday party. Better yet, encourage your co-workers to set up their own fundraising pages!



Nancy Grogan's Spin-A-Thon raised \$13,000 to help families

To learn more about our grassroots fundraisers, or get inspired by our list of fundraising ideas to incorporate into your holiday plans, please click here.

### Be a Social Ambassador

Do you tweet, share, post, comment or blog? If so, become a social ambassador. This is a simple way to increase awareness of substance use and help more families. <u>Click here to access our social media toolkit</u> that contains sharable graphics for you to use.

# Advocate for Change

We need your voice! <u>Take action by writing your representative</u> and demanding better policy solutions and additional resources to address the opioid crisis. <u>Sign a petition to demand health insurance coverage for addiction treatment</u>. Change starts with you!

# Host a Film Screening

You can help #EndMedicineAbuse by sharing our documentary films and accompanying resources with your community. Use your office conference room, community center, school or place of worship to host a screening and encourage your co-workers, friends and family to watch one or both of our eye-opening documentaries. You can even ask for a small donation in lieu of "tickets" to your screening. Learn more about our films and host a film screening.

# **Share Your Story**

By creating a memorial or Story of Hope, you are helping other families in need of a community, support and information. To create a memorial or share a Story of Hope, please visit hope.drugfree.org.



