


CPRNA Public Relations Presents

Regional PR Workshop



**Each
One Teach
One!**

**Public Relations Subcommittee
Chesapeake & Potomac Region
of Narcotics Anonymous**

Updated 04/26

Welcome!

- 1) PR Basics
- 2) FAQ's
- 3) Flyer Drives & Lit Drops
- 4) Skit
- 5) Raffle



info@cprna.org

What Is Public Relations in NA?

- Building and maintaining good relationships
- Showing NA in a positive light by doing this well
- Helping our community get to know us and trust us

Who are NA's PR Reps?

We ALL are PR!

Every NA member in
the eyes of the public
represents Narcotics
Anonymous

*How we are perceived
by the public is up to us!*

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Our Ultimate Goal:

ANYONE WANTING

OUR HELP CAN

FIND US!

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Courts, Police

**School Guidance
Counselors**

Family members

**Medical doctors,
Emergency
Room, Pain
Management**

**DUI Schools &
Treatment
Centers**

Who Refers Addicts to NA?

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What Can I Do?



Public Services PR Provides

**Presentations in
Schools, Police
Precinct
Community
Meetings**

**Presentations with
H&I to start
meetings in
treatment centers**

**Tables at Rallies,
Sporting Events,
Health, Street Fairs
and Community
and College Events**

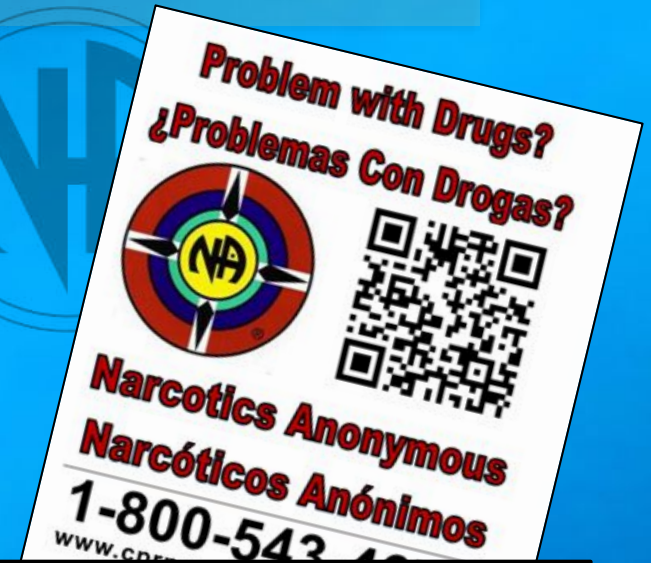
**Phone calls &
emails to set up
presentations &
invitations to
events**

**Poster Drives &
Literature Drops**

**Work with other NA
subcommittees to
team up on events
& recruit together**

Home Group Level

Let the facilities
where you
meet know
about NA



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All NA Services Represent NA!



Regardless of your service position, regardless of the level in our service structure, remember...

We ALL are PR!

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How We Do It!



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PR Booths



Montgomery County Fair - Montgomery Area, Maryland



MASCA - NEZF, Delaware

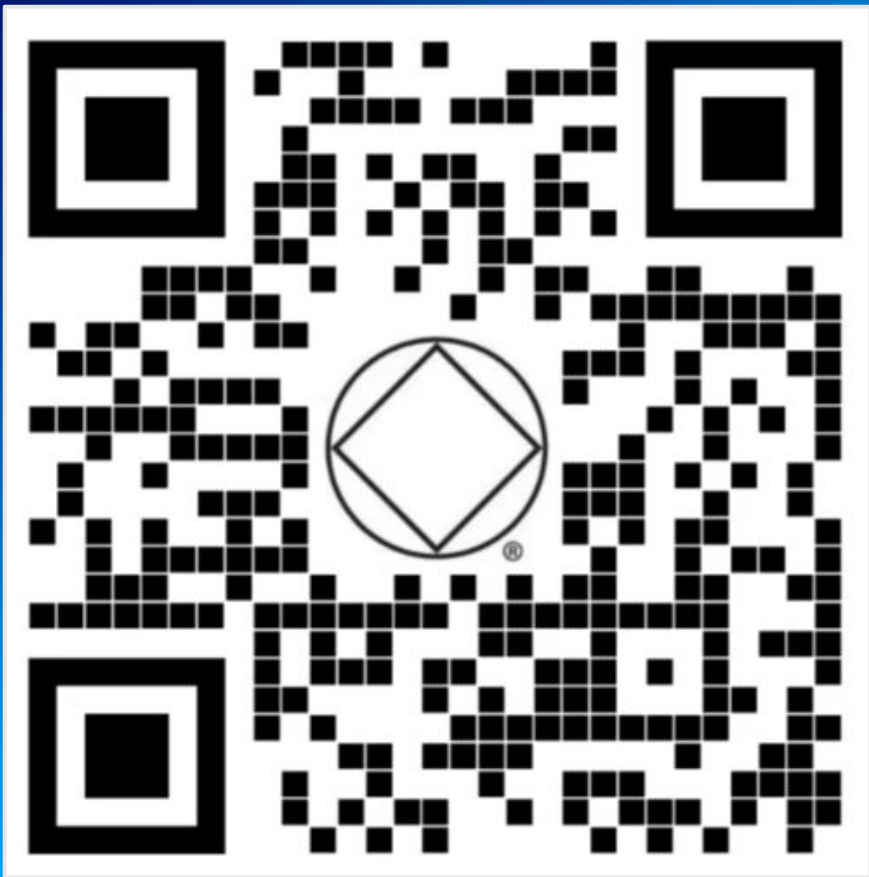


Recruitment Table - Tri-County Area, Maryland



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This Little QR Code...



CHESAPEAKE & POTOMAC REGION OF NA
 Narcotics Anonymous Meetings
 in Washington DC, Maryland, and
 Northern Virginia
 24/7 PhoneLine: 1-800-543-4670
<https://www.cprna.org>
 info@cprna.org

**MEETING LIST BY CITY
 MARCH 2026**

Meeting Format Legend

| | | | |
|------|---------------------------|-----|-------------------------|
| BT | Basic Text | C | Closed |
| CAN | Candlelight | CHI | 12 Concepts |
| DISC | Discussion | ENG | English speaking |
| ES | Spanish | HY | Hybrid Physical/virtual |
| JFT | Just for Today Study | LC | Living Clean Study |
| LIT | Literature Study | H | Men |
| ME | Meditation | NP | No Pets |
| O | Open | PE | Open-Ended |
| PER | Persian / Farsi | | |
| SPAD | Spiritual Principle A Day | | |
| STEP | Step | | |
| TRAD | Tradition | | |
| VAR | Format Varies | | |
| WR | Writing Meeting | | |

The meetings in the Chesapeake
 Maryland, and Virginia. Some in
 Areas and the cities our meet

Battlefield Area: Gaithersburg, Manassas
**College Park, Columbia, District of
 District of Columbia Area:** Washington
Frederick Area: Frederick & Jefferson
Frederick Area: Frederick, Gaithersburg, Germantown, Annapolis
Harrodsburg Area: Alexandria, Arlington
Northwest Area: Alexandria, Arlington
South Potomac Area: Camp Springs, Temple Hills, MD • The Virtual
Area: California, Choptank, Chesapeake, Lexington Park, Lottsby, Nanjemoy

Alexandria
 10:00AM NA in Delray (D.M.)
 Human Services (D.M.)

**Problem with Drugs?
 ¿Problemas Con Drogas?**

**Narcotics Anonymous
 Narcóticos Anónimos**

1-800-543-4670
www.cprna.org info@cprna.org

NA in the DMV!
 Washington DC, Maryland, & Virginia

**Problem with Drugs?
 Narcotics Anonymous**
Our Message is HOPE!

**¿Problema con Drogas?
 Narcóticos Anónimos**
¡Nuestro mensaje es ESPERANZA!

DRUG PROBLEM?

Meetings in
 Washington DC
 Maryland
 Northern Virginia

Call Narcotics Anonymous
1-800-543-4670
www.cprna.org
 info@cprna.org

TRI-COUNTY AREA

The Tri-County Area of Narcotics Anonymous has 37 weekly meetings in Calvert, Charles, and St. Mary's Counties

**MARCH 2026
 MEETING LIST BY COUNTY**

SUGGESTIONS FOR EVERYONE
 DON'T USE no matter what
 Ask your Higher Power to keep you clean
 Come early and stay late
 Get a home group
 Go to 90 meetings in 90 days
 Read NA literature daily
 Get and use a sponsor
 Use the PHONE

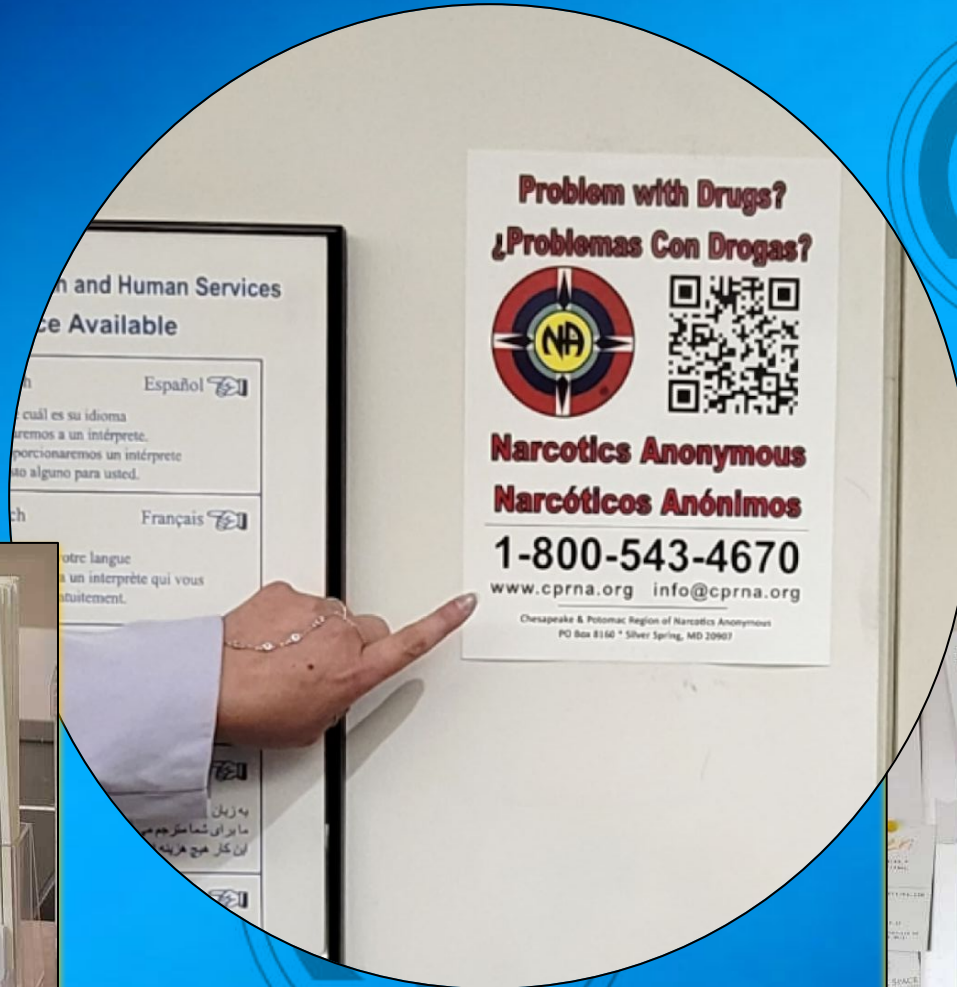
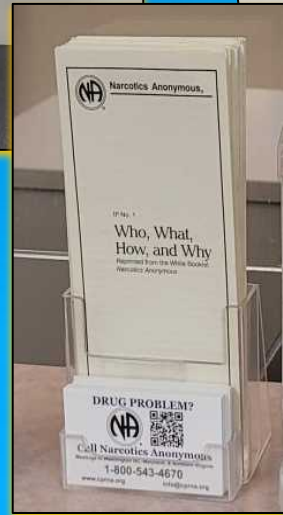
KEEP COMING BACK. IT WORKS!

Can SAVE A LIFE!

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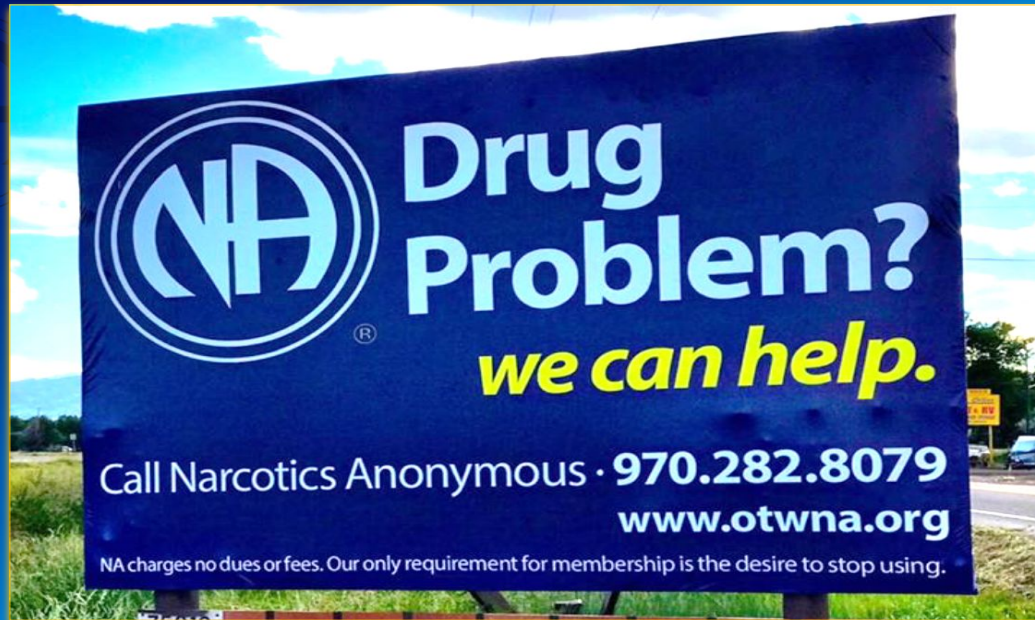
Lit Drops: Carry the Message



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We're Anonymous...NOT A SECRET!









**Billboard - Off The Wall Area,
Colorado**



**Billboard - Free State Region,
Maryland**

What CPRNA Technologies do We Use?

| Technology | Purpose |
|--|---|
|  Website | Provide NA information: Meetings, events, and resources |
|  Google Drive | Archive for Subcommittee documents |
|  Zoom | Platform for Subcommittee meetings |
|  BMLT | Keeps meeting information accurate and accessible |
|  Facebook | Outreach tool that directs members to cprna.org |
|  FreedomVoice | 24/7 Phonenumber connecting callers to local NA support |

Where Does PR Get Its Information?



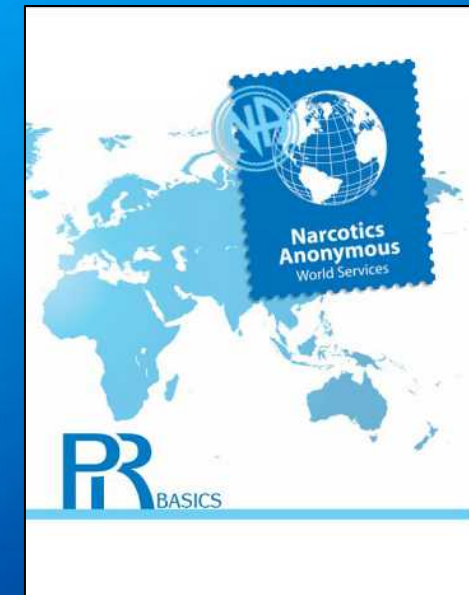
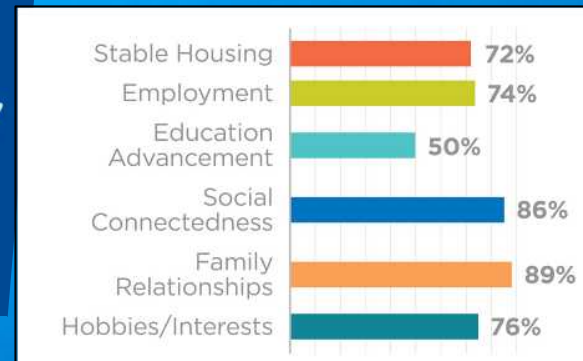
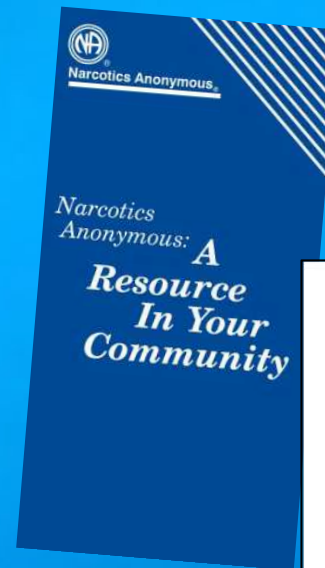
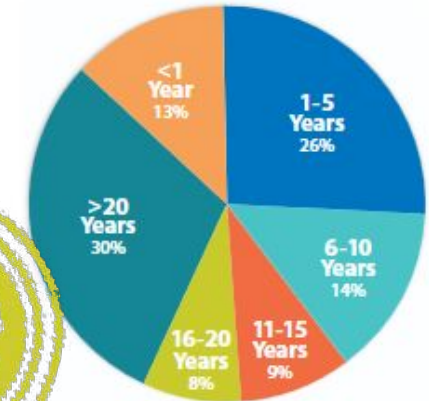
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NA World Services <https://na.org/pr/>

- Demographic Data
- Literature
 - IP's
 - Handbooks
 - "Basics"
- PSA's
- Local Resources
- Quarterly Webinars

Years Drug-Free

Based on survey responses, the average length of cleantime in NA is 13.79 years.



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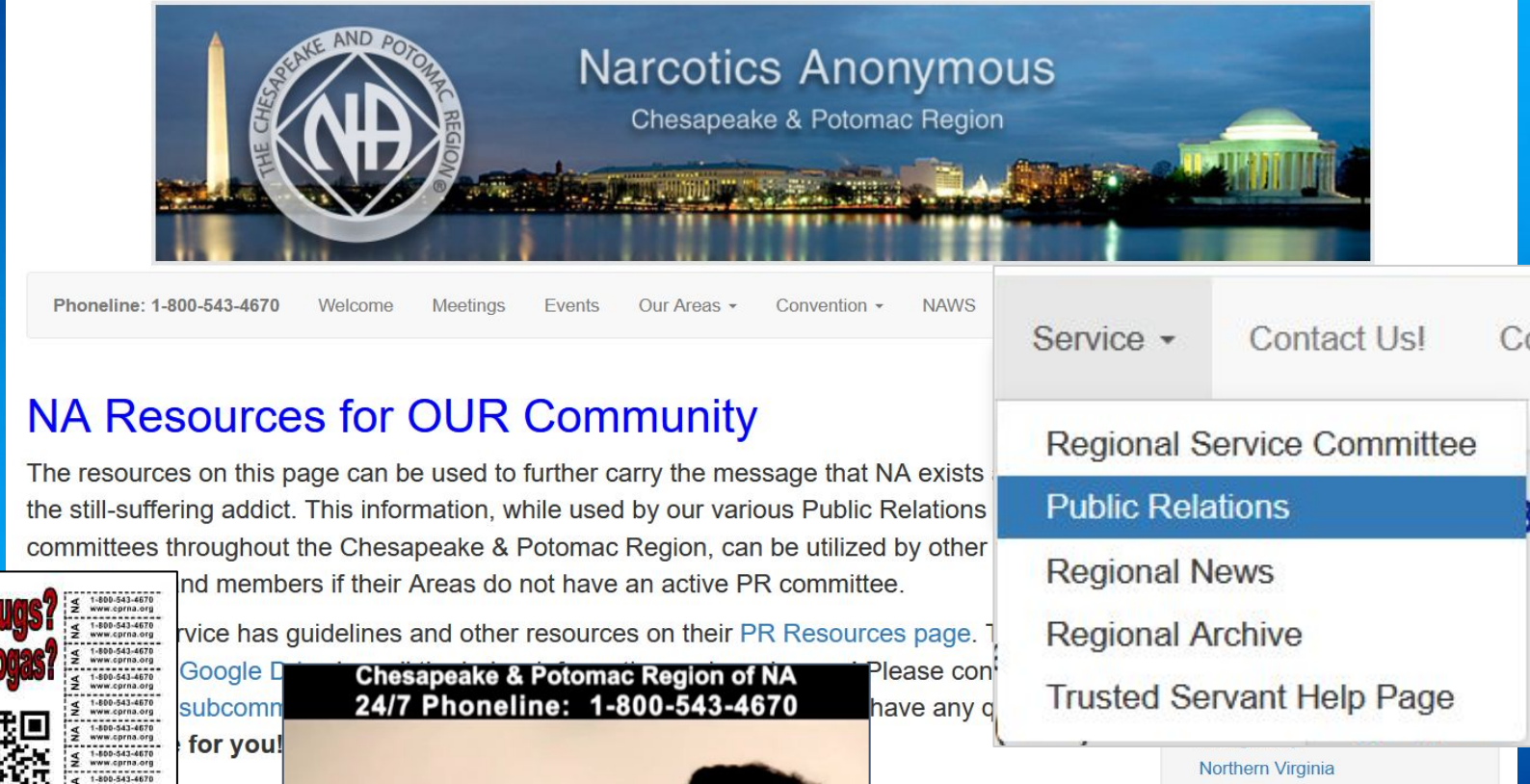
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C&P Website

"The Surrender" by CPRNA - PR and H&I Skits
NA.Virtual.Outreach



Presented by:
CHEASAPEAKE & POTOMAC REGION
FREE STATE REGION
Watch on  **YouTube**



NA Resources for OUR Community

The resources on this page can be used to further carry the message that NA exists the still-suffering addict. This information, while used by our various Public Relations committees throughout the Chesapeake & Potomac Region, can be utilized by other and members if their Areas do not have an active PR committee.

Service has guidelines and other resources on their [PR Resources page](#).
Google D subcomm Please con have any c
for you!

CPRNA Public Relations Presents
Tech Talks



Website • BMLT • Google Drive • Facebook • Zoom • FreedomVoice

Last Sunday of Every Month
12 PM-2 PM EST

Meeting ID:
671 727 103
P/C: 654321

A "TECH-CURIOS" TRAINING
Learn how to perform service and reach addicts seeking recovery using C&P's technology.

Questions? Contact Anne E. or Dana B.
info@cprna.org

Problem with Drugs?
¿Problemas Con Drogas?



Narcotics Anonymous
Narcóticos Anónimos

1-800-543-4670
www.cprna.org info@cprna.org

Chesapeake & Potomac Region of Narcotics Anonymous
PO Box 8160 • Silver Spring, MD 20907

Chesapeake & Potomac Region of NA
24/7 Phoneline: 1-800-543-4670



Visit our website: www.cprna.org

cprna.org

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Get Trained!

CPRNA Public Relations Presents
Tech Talks

*Each
One Teach
One!*

-  Website
-  Google Drive
-  Zoom
-  BMLT
-  Facebook
-  FreedomVoice

C&P Tech Talks
Last Sunday of
each Month
12 Noon - 2 PM

Meeting ID:
671 727 103
P/C: 654321

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Get Connected!

NEZF Public Relations
Committee

3rd Tuesday of the
Month

9:00PM

Meeting ID:

831 7026 1073

P/C: NEZF

Northeast Zonal Forum of Narcotics Anonymous



nezf.org



**GET INTO
THE ZONE**



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How to Attract Members to PR Committees

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1. **Make announcements at meetings.**
2. **Share PR info during the last minute of your personal share. Sound excited!!!!**
3. **Bring a clipboard to collect phone numbers for meeting reminders and volunteer help.**
4. **Post flyers on social media and send reminder messages.**
5. **Visit homegroup business meetings to invite members.**
6. **Set up PR tables at NA activities and conventions.**
7. **Hold PR meeting before or after a local homegroup.**

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PR Around the World

"Being of Service"

**"The desire to be of service changes
our relationship to the world LCJC p. 242**

Brazil



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Off the Wall Area of NA, Colorado

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India

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Québec PR

Lawyers convention (today till Friday)



Eccna on Swiss TV



TELEZUERI.CH

Selbsthilfe: Narcotics Anonymus-Kongress am Platzspitz

Switzerland

Canada

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Chicago



Sweden

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New England



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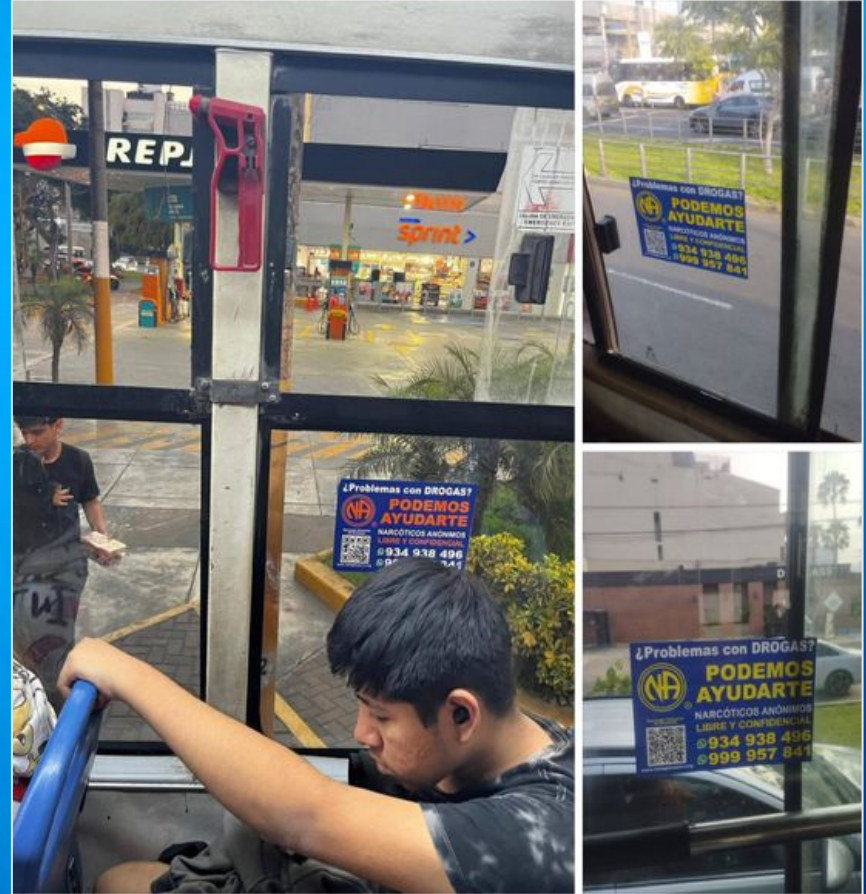
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New York



Stickers de NA en transporte público de Lima Perú



Peru

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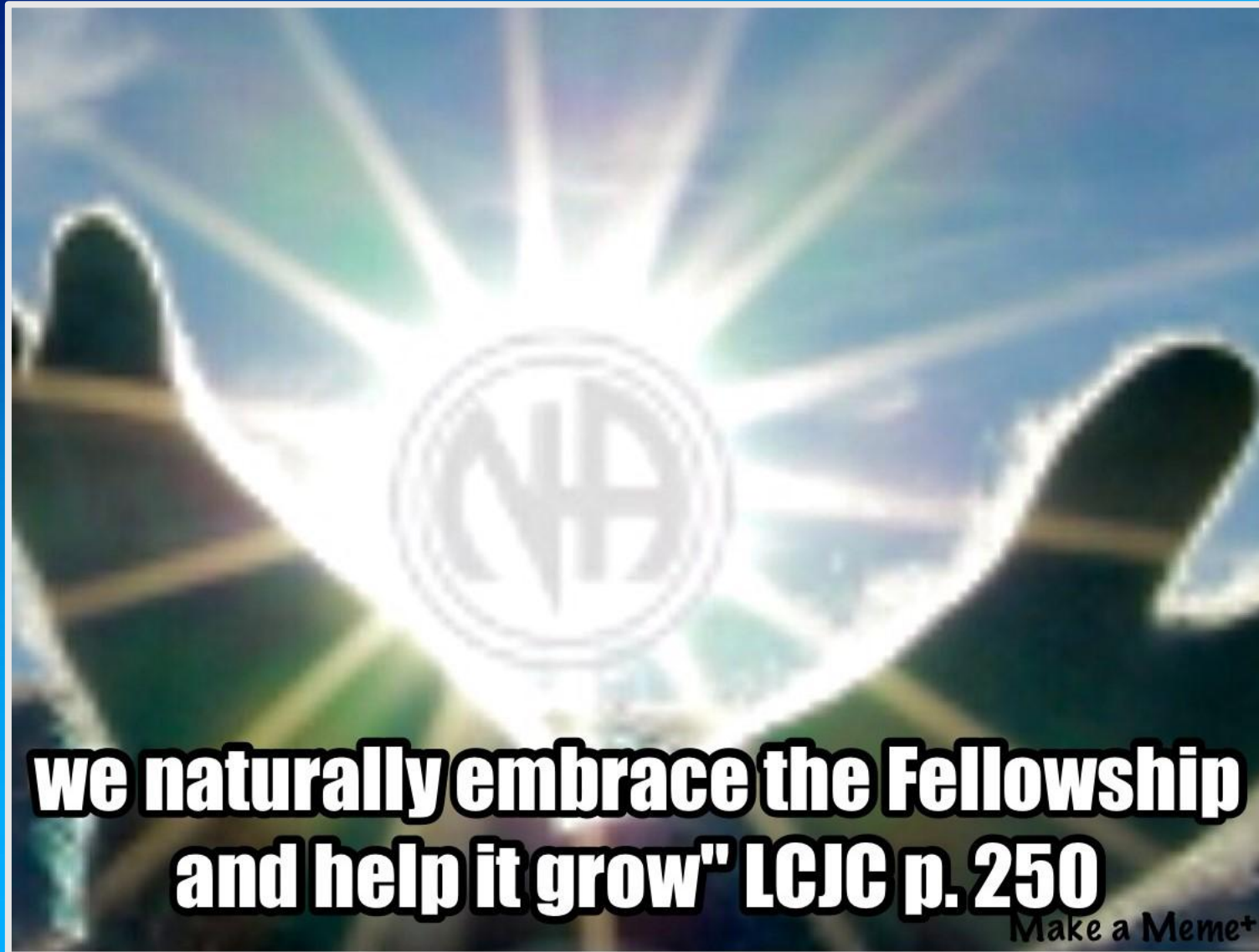


New York



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Visit the Public Relations Booth

*Find P&R Resources for your
Community!*

Located in the Registration Room

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FAQ'S

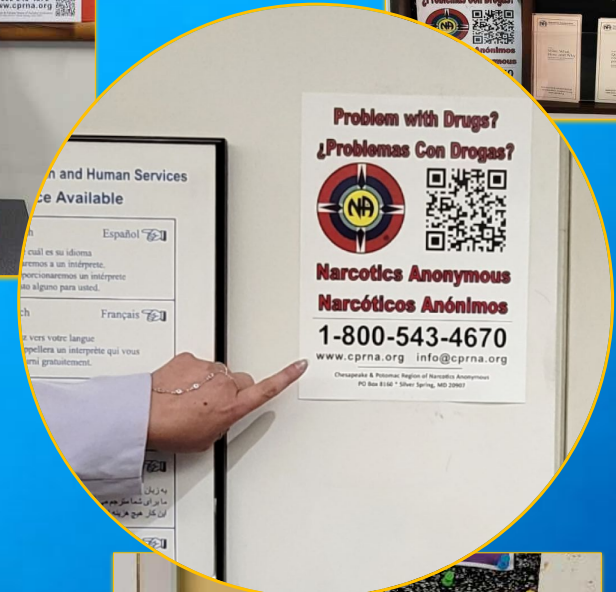
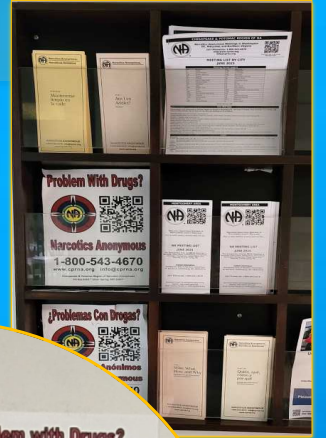
Dana B. - Regional PR Vice Chair, Tri-County Area



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Flyer Drives & Lit Drops

Elizabeth L. - Regional PR Secretary, Montgomery Area



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"Each One Teach One"

"Chewing Gum"

Skitt

Michele J. - South Potomac Area PR Chair



21
34
56




Community Events

Blood Drive This Saturday!



Help save lives. Donate blood this Saturday.

Yoga Class



Black Women's Day

Join us for a special celebration...

12 Job Openings

Various positions available...



Free Wi-Fi Available Here

Book Fair

Special offers on new titles...

Thank you to our donors

Special recognition for...

Free Yoga

Join us for a complimentary session...

Food Drive Donations Needed



Support Group Meetings

Volunteers Needed!



| Task | Time | Location |
|------|------|----------|
| ... | ... | ... |



Local Art Show



Heart Health Initiative

Supporting local health efforts...

Community Notice

Important information for...

Event Reminder

Don't miss our upcoming...

Local Business Spotlight

Supporting our community...

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Raffle Time!

Get out your ticket!!!

The image features a vibrant blue background with a subtle grid of white lines. In the center, a hand from the right reaches towards a glowing, spherical object held by a hand from the bottom. The sphere is composed of a network of white lines and bright blue points, resembling a molecular structure or a digital globe. The text 'Thank You!' is written in a large, bold, yellow font with a black outline, positioned across the middle of the image. A small registered trademark symbol (®) is visible near the bottom of the sphere.

Thank You!

Local Meetings



Ocean
Gateway
Area
NA
Meetings!