


DRY JANUARY 2023



**SOBER
SURVIVAL
GUIDE**

**BORING
LITTLE
GIRLS
CLUB**

WHAT IS THE **BORING** **LITTLE** ? **GIRLS** **CLUB**

The mission of the Boring Little Girls Club is to create and foster a community of sober women, non-binary and trans folks who support each other and have fun without alcohol or drugs.

THE BLGC DEFINES:

SOBER SPACE as 100% alcohol and drug free. there is zero tolerance for coming to any BLGC hangout under the influence of substances.
SAFER SPACE as inclusive and supportive of all races, sexual identity, gender, age, ability and socioeconomic standing.
BLGC Safer, Sober Spaces aim to be free of judgment and harm.
All BLGC hangouts will be Safer, Sober Spaces.

DRY JANUARY

Dry January began in 2012 as a public health initiative from Alcohol Change UK, a British charity. The concept of Dry January is simple: don't drink alcohol for the month of January.

Individuals might choose to participate in Dry January for a multitude of reasons including:

- Health benefits
- Taking a break from after the excess of the holiday season
- Reset on alcohol use

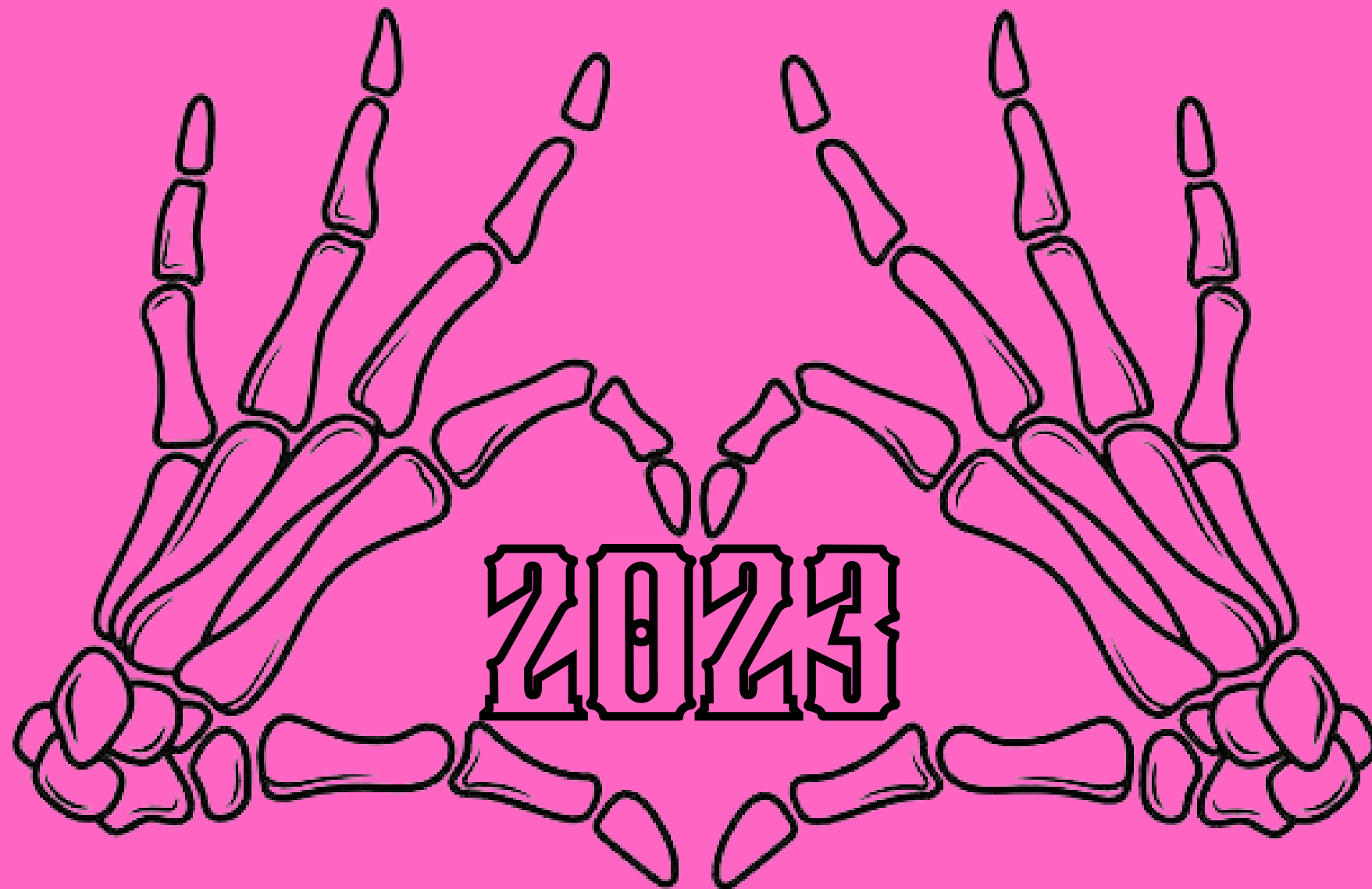
HEALTH BENEFITS MAY INCLUDE:

- mood boost
- better sleep
- less bloating (or even dropping a few pounds)
- skin might look brighter
- stronger immune system
- feel better in the morning
- creating a new relationship with alcohol

PLEASE NOTE THAT DRY JANUARY CAN REVEAL POTENTIAL ALCOHOL USE ISSUES...

including symptoms of alcohol withdrawal ranging from mild to serious, depending on how much one drinks, the urge to drink feeling out of control, feeling guilty about drinking, drinking causing problems at work or in relationships and/or the inability to stop.

IF ANY OF THESE THINGS HAPPEN, PLEASE CONSULT A PROFESSIONAL!



SOBER SURVIVAL GUIDE



**PICK YOUR N/A DRINK OF CHOICE
(AND STICK TO IT)**

Budweiser and Village Brewery have great N/A beer choices, or if N/A beer ain't your thing, choose Diet Coke or water or ginger ale or whatever you need.

But make sure to have that drink chosen! Have a drink in your hand AND MAKE SURE THAT IT'S YOUR N/A DRINK OF CHOICE!

Already having a drink in hand gives you the security and the confidence to get through the night. It also means that no one is going to be coming up asking what you're drinking and/ or if they can buy it for YOU.

However, those feelings
do not define you.

IT'S OK TO NOT BE OK!

Focus on the fact that these feelings will not last forever. If you need additional support, reach out to a safe friend, family member, supportive human, etc.



HEALTHY STRATEGIES TO SUPPORT YOUR SOBRIETY



- Establish consistent, healthy routines
- Stay connected with your recovery community and your sober friends
- Practice social media distancing
- Stay active and get outside
- Be curious and mindful about how you feel and what you're grateful for
- Focus on what you are gaining – not what you're missing



10 ACTIVITIES TO DO INSTEAD OF DRINKING



1. Discover a new hobby
2. Have a movie marathon
3. Call someone you love
4. Volunteer in the Community
5. Host a Games Night
6. Have a self-care day
7. Read a Book front to back
8. Work on a puzzle
9. Go on a walk with a friend
10. Deep Clean your space



WITHIN YOUR CONTROL

HIGH RISK SITUATIONS

High Risk Situations can be unavoidable and unexpected... Make sure you have a plan and make a list of things you can do in these times or people you can call.

PLAN CONSTRUCTIVE, HEALTHY AND ENJOYABLE WAYS TO USE FREE TIME

Explore new ways to spend free time, take up a new hobby, take a class, volunteer, or join a new club!

PRACTICE MINDFULNESS

Simple activity to increase mindfulness: choose a favourite food, take miniature bites, explore the taste and textures in your mouth slowly, describe the details of the experience, slowly returning to take another small bite, with kindness and curiosity to again explore the experience.

Other mindfulness activities include stretching, meditation, relaxed breathing

FOCUS ON THE THINGS YOU CAN CONTROL

We can't control traffic or other people's feelings but we can control how we are going to respond to life's challenges.

H.A.L.T

Hungry, Angry, Lonely Tired?
If you are experiencing any of these feelings, stop, and do what you need to take care of yourself before proceeding.

Do not ignore your basic self care needs, sounds simple but can be really hard to do when life gets busy.

REMEMBER WHY YOU ARE DOING THIS

When challenges present themselves, think back as to why you started this journey in the first place, for example, to take better care of yourself or to be present for those you love.

AND REMEMBER...

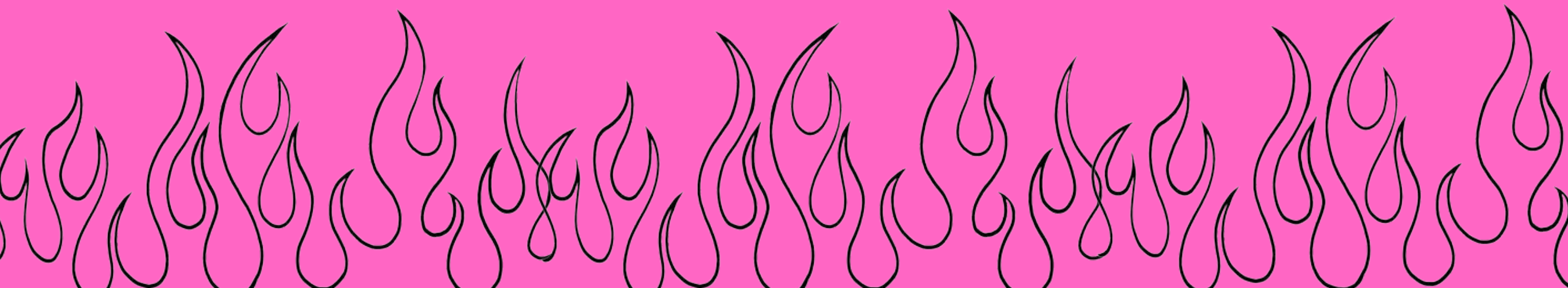
BE KIND TO YOURSELF.

YOU ARE NOT ALONE.

YOU ARE ONLY HUMAN

AND YOU'RE DOING YOUR BEST.

FORGIVE YOURSELF IF/WHEN YOU SLIP UP!



RESOURCES

MENTAL HEALTH

NATIONAL

Kids Help Phone (24/7)

- 1-800-668-6868

Canada Suicide Prevention Service (24/7)

- 1-833-456-4566

Crisis Text Line (24/7)

- text TALK (en) to 686868
- text TEXTO (fr) to 686868

First Nations and Inuit Hope for Wellness (24/7)

- 1-855-242-3310

Trans LifeLine (24/7)

- 1-877-330-6366

HealthLink (24/7, except ON)

- 811

PROVINCIAL

BC Crisis Line (24/7)

- 1-800-784-2433 (BC)

Distress Centre Calgary (24/7)

- 403-266-4357 (AB)

Distress Centre Edmonton (24/7)

- 780-482-4357 (AB)

Distress Line Lethbridge (24/7)

- 403-327-7905 (AB)

Suicide Prevention Hotline (24/7)

- 1-800-784-2433 (AB)

Saskatoon Crisis Service (24/7)

- 306-933-6200 (SK)

PROVINCIAL CONT.

Regina Crisis Service (24/7)

- 306-525-5333 (SK)

Mental Health Crisis Service (24/7)

- 1-888-310-4593 (MB)

Mental Health Help Line

- 1-866-531-2600 (ON)

Quebec National Crisis Line

- 1-866-277-3553 (QB)

Chimo Helpline (24/7)

- 1-800-667-5005 (NB)

Crisis Intervention and Crisis Management

- 1-888-429-8167 (NS)

Mental Health Crisis Centre (24/7)

- 1-888-737-4668 (NL)

Island Helpline (24/7)

- 1-800-218-2885 (PEI)

Distress and Support Line (24/7)

- 1-844-533-3030 (YK)

Northwest Territories Help Line

- 1-800-661-0844 (NT)

Nunavut Kamatsiaqtut Help Line

- 1-800-265-3333 (NVT)

ADDICTION

HealthLink (24/7 except ON)

- 811

Alcohol and Drug Information Referral Service

- 1-800-663-1441 (BC)

Addiction Helpline (24/7)

- 1-866-332-2322 (AB)

Addictions Helpline

- 1-855-662-6605

Addiction, Mental Health and Problem Gambling Services

- 1-866-531-2600 (ON)

Drug: Help & Referrals (24/7)

- 1-800-265-2626 (QB)

Addiction Services

- 1-866-340-6700 (NS)

DOMESTIC VIOLENCE

VictimLinkBC

- 1-800-563-0808 (BC)

Alberta Provincial Abuse Helpline

- 1-855-443-5722

Domestic Violence Crisis Line

- 1-877-977-0007 (MB)

Assaulted Women's Helpline

- 1-866-863-7868 (ON)

SOS Violence Conjugale

- 1-800-363-9010 (QC)

ONLINE RECOVERY

MEETINGS

AA

- aa.org

Smart Recovery

- smartrecovery.org

Refuge Recovery

- refugerecovery.org

In The Rooms

- intherooms.com

BLGC EVENTS

JANUARY 2023



IN PERSON COFFEE CHAT

January 10 | 7pm MST | Rosso Inglewood

ONLINE COFFEE CHAT

January 19 | 7pm MST | Zoom

ONLINE TAROT HANG OUT

January 23 | 7pm MST | Zoom

all BLGC Events
are Safer, Sober
Spaces

all BLGC are open to women, trans and non-binary folks who are
a: sober, b: exploring sobriety or c: interested in sober events