

It only takes one afternoon to help keep a kid away from drugs.

And maybe a little longer to actually catch something.



Your small efforts can have a big impact on the drug problem. There are easy things you can do, things you already love to do. Share a skill, a passion, a hobby one afternoon a month with kids in your community and you can make a big difference. That's because kids who enjoy a regular, positive activity with an adult are less likely to begin using drugs or alcohol. Find out how you can be a coach, a mentor, a volunteer. No matter what it is, you have something to offer.

Log on to helpyourcommunity.org or call **877-KIDS-313** and be a positive influence on the kids in your community.