



Substance-Free Get together Ideas

LOW & NO COST IDEAS FOR EMPLOYERS & EMPLOYEES TO SPEND TIME OFF-THE-CLOCK, TEAM BUILD & HAVE FUN!

daytime

YOGA

Let's move! Participate in an in-person class or together on Zoom.

TEAM BBQ/ POT LUCK

Fire up the work grill & share a meal. Each team member can bring their favorite childhood soda.

5K/VIRTUAL EVENT

Enter a local race or event, as a team. There's lots of virtual race to enter, too! Make it a fundraiser.

MEDITATION

A fantastic way to decompress, together. Encourage one another to try this sometimes intimidating & challenging exercise.

GROUP HIKE

Group hikes can be fun & easy. Chosen trails can be varied, depending on interest or skill level.

SERVICE PROJECT

Who can you support, as a team, in your community? Meals for a cause, fundraiser, etc.

nighttime

PAINTING PARTY

Book a party at a local business. Or, host your own with crafts. Low cost!

SELF CARE WORKSHOP

Think: tips & tricks for wellness, guided by a professional, or someone on your team with ideas to share.

BUILD YOUR OWN PIZZA

Company provides the dough, employees bring the toppings. Get creative.

GIFT SWAP

Not just for Christmas anymore! Brighten lots-of-someone's days with a themed gift exchange. Giraffe day, anyone?

COOKING CLASS

Book a professional class or follow a recipe together on Zoom. Beginners welcome!

BOWLING

Traditional activities can be substance free & fun. Offer healthy food & drink. Think: smoothies or homemade flavored seltzer.

For more information & support call
Turning Point Recovery Center of Springfield at 802.885.4668
or, via email astrid@spfldtp.org 24/7 support line 802.376.4302