Sober Summer Fun

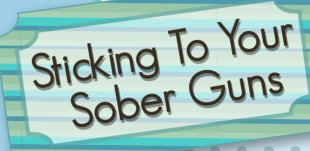
infographic

As the days begin to heat up and people start to flock the streets at night in search of the best watering hole, there are those of us who would fare better elsewhere.

Keeping in mind the fact that maintaining sobriety is difficult while summer fun is on the rise, it is more than important to find new activities and social scenes to join in Having Friends In All The Right Places order to stay true to recovery.

It is important to make note of the friends and loved ones in our lives who are ready to be in full support of sober fun.

Sticking with those who can kick back with nothing but a cream soda in hand is step one for sober fun. Step two is navigating through the onslaught of overtly alcohol and drug-related events and finding the even bigger mass of sober scenes to perfectly complete your summer.



Here are some summer activities to take pride in adding to your list that are beyond fun without any

accompaniment

drug or alcohol

Drive-In Movies and Picni

Set up your picnic basket at the beach or at a state park where there are usually barbeques provided for public use.

Drive-in

Biking, H

the US, drive-ins tend to offer double features, meaning that, you get to watch two films back-to-back on one screen.

Common across

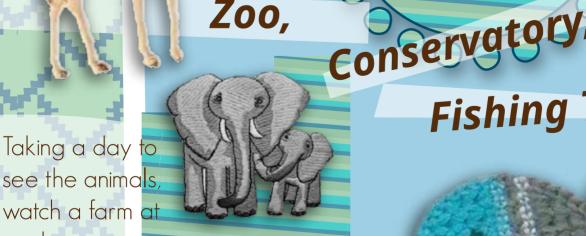
iking, Rock Climbing p Lining,

4-Wheeling

int.

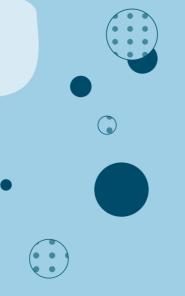


This kind of summer fun is for those who want to really experience life.



Zoo,

watch a farm at work, or even smell exotic flowers at a conservatory could be right up your alley.



Want something even more hands-on? For those of us near a lake or the ocean, fishing boat tours usually don't cost much and can end up being fun for family and friends who don't normally do their own fishing.

Fishing Tour

More summer fun ideas include:



drugrehab.org