

Speaker Panels

Getting the word out about Nicotine Anonymous to grow our fellowship!



On occasion we are contacted by a hospital or other institution to request a representative to speak to their group about Nicotine Anonymous. Sometimes you are a featured speaker and other times there are a panel of speakers. A share normally lasts 5-10 minutes in length, but it is best to check with the hospital/institutional personnel beforehand on their preference. Some things to speak about may include your struggles with nicotine, your difficulties with quitting and/or staying quit, how Nicotine Anonymous works and/or how it has impacted your life, and how your life is now without the use of nicotine.

Please keep in mind our traditions and that, as a representative of Nicotine Anonymous, we have no opinions on outside topics. In addition, if you have Nicotine Anonymous business cards or meeting lists, you can take them with you to share. Their staff is usually happy to make copies for their group. Also if you feel uncomfortable going alone, you can always invite other members from your meetings to go with you.

It is ideal to get 4 persons, 2 men and 2 women. Be sure each volunteer has the guidelines for sharing as well as the meeting place and time. Arrange to meet at a central place at the facility. Be sure to arrange that if anyone is late the rest of the group will go in and start the panel. Being on time with this commitment is important.

Please be proactive and contact any local Hospitals and Institutions to volunteer this service with your group.

Don't forget to report to the SCINA Intergroup Meeting how it went, and if you can get a contact person's name, address, phone, and email, we can add them to our mailing list. Please contact Angela at (949) 302-8465 if you have an H&I contact we can add or if you are interested in being of service on a panel.