June marks a busy time at Aurora. It’s time for our annual substance abuse awareness campaign.

*KICK Your HABIT*

The lockdown period made everyone aware of how powerful online campaigns can be. To raise awareness, Aurora will be running an Online Kick Your Habit campaign from the 22nd to the 28th of June 2020.

The purpose of the Aurora ‘KICK your HABIT’ Online Challenge is to raise awareness of the complexities related to addiction and dependence. The campaign seeks to build awareness through experience: by challenging individuals within our communities and country to stop using one ‘thing’ for a week and experience, albeit briefly, what a substance dependent might go through in treatment. With experience comes education and this is the ultimate aim of the campaign. Whether this ‘thing’ is caffeine, tobacco, chocolate, or even shopping, is entirely up to the individual’s discretion; however, it is important to consider your choice and select the habit that you can identify using on a regular basis.

Aurora Alcohol and Drug Centre challenge all South Africans to participate in the campaign and to challenge family, friends and colleagues to

**KICK YOUR HABIT**

### Will you be able to?

#### How do I Participate?

<table>
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<tr>
<th>STEP 1</th>
<th>STEP 2</th>
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<tr>
<td>Take a selfie with the ‘thing’ you will be ‘kicking’ for the week.</td>
<td>Like Aurora’s Facebook page @aurorabloem</td>
<td>Share your “Kick Your Habit” Selfie, challenge and tag your friends and family.</td>
<td>#sancaaurora #sancakickyourhabit</td>
<td>Don’t use/eat/drink/smoke your “thing” from 22—28 June 2020</td>
<td>Please post about your daily experience</td>
<td>Check in on your friends. Do they cope without their habit?</td>
<td>Share your final thoughts about your Kick Your Habit experience on 29 June 2020</td>
<td>Create awareness around the difficulties involved in a lifestyle change.</td>
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</table>

**COST INVOLVED:**

Your Time and Social Media Involvement

**FOR MORE INFORMATION:**

Email: info@auroracentre.co.za | Facebook: @aurorabloem | WhatsApp: 0834565427