



SOPHIA
RECOVERY CENTRE

HOW TO BE AN INCLUSIVE HOST DURING THE HOLIDAYS

Holiday celebrations are a time for connection and joy. But for many people, especially those in recovery or choosing to drink less, they can also be challenging. At Sophia Recovery Centre, we believe that small changes in how we gather can have a big impact on helping people feel safe, respected, and included.

If you are hosting a party - help others drink less

You can help create a low risk environment for your guests by being mindful of how alcohol is offered, while still keeping the event fun and welcoming. Here are a few quick tips:

- Plan alcohol-free games or activities
- Serve food throughout the event
- Offer plenty of water and non-alcoholic drink options
- Let guests pour their own drinks

A little planning goes a long way in helping everyone feel included and stay safe.

Offer a Variety of Beverages

Make sure to include alcohol-free options like:

- Sparkling water or juice
- Alcohol-free wine or beer
- Festive mocktails
- Herbal teas or hot apple cider



Label everything clearly and present non-alcoholic options just as beautifully as alcoholic ones.

Set the Tone

- Normalize Choice: Let guests know in advance that your gathering will have great non-alcoholic options.
- Instead of saying "Let's all toast with champagne," try "Let's raise a glass, whatever you're drinking!" It makes everyone feel seen and included.

It Takes a Community

Being mindful about alcohol at social events is one small way we can help reduce stigma and support substance use health. It helps people feel safer and more supported - whether they're in recovery or just choosing to be sober curious.

[Learn More](#)

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HOLIDAY OFFICE PARTY TIPS

Guidance for Hosting Events That Make Everyone Feel Welcome

Whether you're planning an office celebration or a gathering with clients and community partners, the holiday season is a perfect opportunity to build connection. It's also a time to be mindful - that some guests may choose not to consume alcohol for personal, health, or cultural reasons. At Sophia Recovery Centre, we encourage workplaces to create gatherings that are welcoming and inclusive for everyone.

Here's how:

Lead with Inclusion in Your Planning

- Offer a variety of alcohol-free beverages like sparkling water, festive mocktails, non-alcoholic wine or beer, and hot cider or cocoa.
- Highlight food, games, music, or other activities so the event doesn't revolve around alcohol.
- Include a range of dietary and cultural food options to ensure everyone feels seen and accommodated.

Create a Safe, Low-Pressure Environment

- Make alcohol optional - not central. Avoid games, speeches, or toasts that focus on drinking.
- Use inclusive language in your invitations (e.g., say "holiday gathering" instead of "cocktail party").
- Respect privacy - many people choose not to drink for deeply personal reasons and may not want to explain.

Design Your Space Thoughtfully

- Create alcohol-free zones or offer quiet areas for guests who need a break from stimulation.
- Clearly label beverage areas with both alcoholic and non-alcoholic options.

Communicate Expectations Clearly

- Let guests know ahead of time what kind of event it will be and what kinds of beverages will be available.
- Assure attendees that non-alcoholic options will be thoughtfully provided and highlighted.

Creating inclusive spaces sends a powerful message: your workplace is one where everyone belongs and recovery and wellness are supported. For more ideas on how to be recovery friendly this season, reach out to Sophia Recovery Centre. We're here to help.

Happy Holidays!



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