

Who is HAPA?

HAPA is a non profit organization which hosts the Rock Sober Program. Our office is located at 322 Main Avenue South, Suite 2, in Park Rapids, Minnesota. We can be contacted at 218-237-4114 or Email: hapa@arvig.net www.hapalifeskills.org

Our Mission

Human Achievement & Performance Academy (HAPA) is dedicated in providing education that enhances the lives of all people through programs designed for, but not limited to, the development of character, attitude, motivation, opportunity, education, employment and finance.



322 Main Avenue South, Suite 2,
PO Box 853
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Phone: 218-237-4114 (Office)
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Website: www.hubbardcountydrugfree.com

Rock Sober



Rock Bottom

Rock Bottom

Rock Sober

You Choose Rock Sober

You Choose

*Substance Abuse Support Group For
Youth Ages 14 to 18
Who Have A Desire to Not Use
Drugs & Alcohol*

What is Rock Sober?

Teens ages 14 to 18 who have a desire to not use drugs and alcohol are invited to participate in the Rock Sober program.

Rock Sober is a substance use support group which can help teens maintain or obtain a substance free lifestyle.



Meeting Locations, dates and times...

Mondays Meetings are held in Laporte

Tuesdays Meetings are held in Park Rapids.

Call for days, times and locations for meetings in Akeley & Nevis as well.

Friday's-Special Events to be announced.

Cell # (218)252-8275

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Regular Meetings

Rock Sober allows youth an opportunity to hang out with their peers. It's also a time where youth can openly express what's important to them. They can discuss life's accomplishments and barriers to staying away from drugs and alcohol, while having fun in a safe and sober environment. For more information on events and meetings check out our website:

www.hubbardcountydrugfree.org

Alternative High Activities

Rock Sober maintains the belief that when a person becomes substance free, there can be a large hole in their lives. The hole may be created from a variety of losses or factors, but regardless of the of the cause, the hole must be filled. Youth have the opportunity to participate in "alternative high" activities to help fill that hole and create new interest and opportunities.

Are there Steps in Rock Sober?

Yes, Rock Sober has four steps. The Otter, Wolf, Bear, and Eagle are the four stages a youth travels towards building character, leadership qualities and living substance free. Each stage is symbolized by the youth obtaining a small rock with the animal etched on to. This rock is a constant reminder to youth that it is possible to live without using drugs or alcohol and that each one of us holds the key to maintaining or getting there within ourselves.

