

FEBRUARY ALUMNI NEWS

Alumni Spotlight: Nicky

Clean date: April 7, 2024



What do you love best about our alumni program?

What I love best about the alumni program is I can always count any of them when I'm struggling. Someone is there 24/7.

What advice can you give our new alumni?

The advice I would give the newcomer is to reach out, stay connected, get phone numbers, tell on yourself if you feel like using or went back out.

What do you do to continue to stay clean?

I will continue to go to meetings, talk to other clean/sober people, read NA/AA literature, write, and tell on myself when I feel like going back out.

What sober activities do you do?

The sober activities I like to do are bowling, going for walks, spending time with my three daughters, reading, trying new food and drinks that are nonalcoholic, playing dice with friends, organizing things, cooking, playing with the dogs, binge-watching my favorite shows, and when it's nice out I love to plant sunflowers.

If I have learned anything from this alumni it is: It works if you work it, Stick and stay, and One day at a time!



Staff Spotlight: Kerri

Hey, it's me Kerri! I'm 41 years old and the mom to three adult children: 2 girls and one boy. I live in Conneaut Lake but was raised in the small town of Geneva, Pennsylvania -. yes, the swamp. I have been with French Creek for a year now. I am passionate about helping those in recovery to see there is a light at the end of the tunnel. I have suffered from addiction and am in recovery for five years on May 28th. My goal is to help as many people as possible get back to a normal, sober, and productive lifestyle. In my free time, I love spending time with my children. I have recently taken up cooking and have really been enjoying that. A fun fact about me is I used to obsessively dye and cut my hair. This is the longest it has ever been. I look forward to many more years with French Creek.

Women's Ambassador Trip: A Journey of Inspiration and Hope



Last month, our incredible all-women ambassador speakers embarked on a transformative trip that left a lasting impact on both our clients and staff. The girls shared their experiences, strength, and hope, reminding everyone that recovery is possible. Our clients were truly inspired by their stories, fostering a sense of community and resilience.

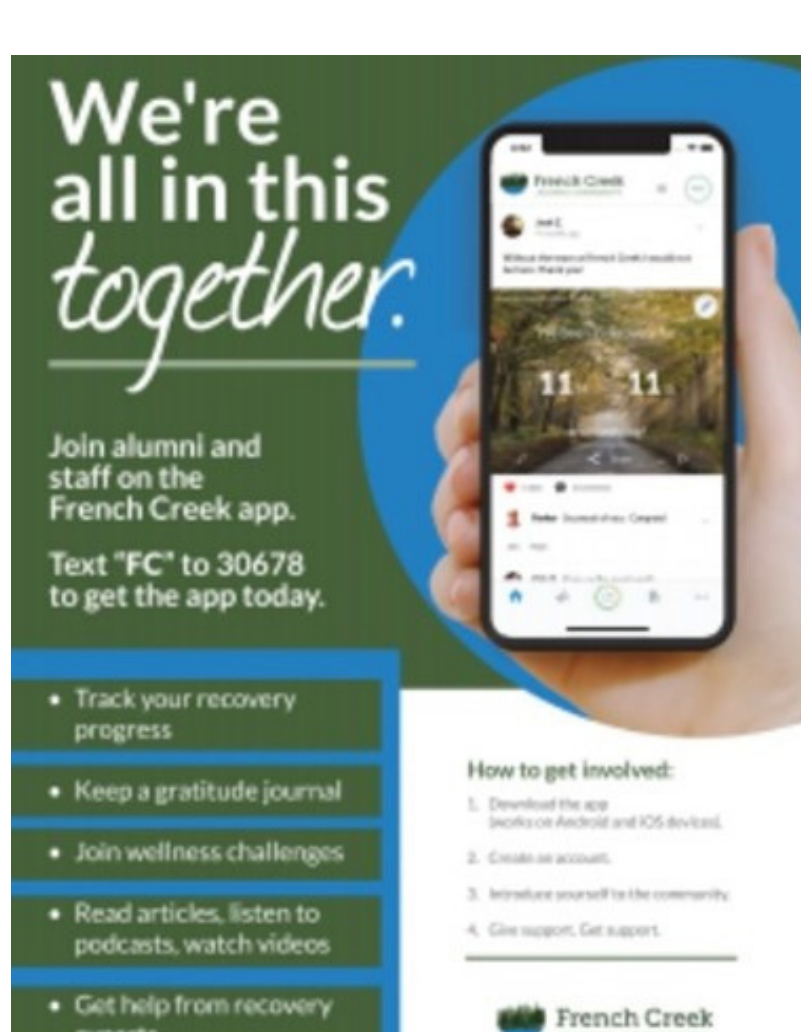
During their visit, the ambassadors also brightened the day of our current clients by delivering delicious donuts and coffee and spreading joy and encouragement. A special highlight was treating Patrick, our dedicated driver, to a well-deserved meal, showcasing our gratitude for his support.

This trip was not just about sharing stories; it was a powerful reminder of the strength found in connection and the importance of uplifting one another. Thank you to our amazing ambassadors for their dedication and the positive energy they brought to our community!

If you would like to be the next to share your story at French Creek, call Tina!

Keep an eye on your email and our French Creek alumni App for our next alumni event for this February

We want to see you at our next event!



Need help getting connected?

Download our French Creek Community App. Check out our newest contest and event dates.

If you would like to be the next to share your story at French Creek, call me!

Please feel free to reach out to me, I am here for you.

