

APRIL ALUMNI NEWS

Alumni Spotlight: Nicholas

Clean date: 12/18/2023



What do you love best about our alumni program?

I love the connections and unconditional love that are displayed amongst fellow alumni. It's a great reminder that I'm not alone in this journey. It is an amazing support system that helps me lean on and rely on in times of need, no matter what the case. A true blessing in my recovery., I have not been able to attend an event in person yet. I hope to soon!

What advice can you give our new alumni?

Stay connected and be involved as much as possible. Don't hesitate to reach out to someone from the alumni if needed, whether it be for advice, if you're struggling, or need guidance. We're all here for each other, and it's one of the greatest supports I have in my recovery. Utilize it as best you can.

What do you do to continue to stay clean?

I continue to stay active in my recovery community. I attend meetings weekly, both AA and NA, and I get involved. I do service work and actively participate in the 12-Step program, which I work on frequently with my sponsor. I put just as much work into my recovery today as I did on day one. When I feel like I'm struggling, I don't hesitate to reach out. I utilize the tools and supports that I have today, but most importantly, I don't pick up. I find ways to work on making a better life for myself, no matter how small. I work on myself internally as well to become a better man than I was before.

What sober activities do you do?

I am a part of a program called A.I.R. (Adventures in Recovery), which is a huge support network of recovering addicts like me who get out and do activities, everything from roller skating to hiking, kickball, and kayaking. I also fish quite frequently. I have also started joining the alumni events, which all keep me connected to other sober people, just enjoying life and each other's company. It has been a huge help.



Exciting News! Our Kitchen is Open.

We are thrilled to announce that our beloved Patrick is now leading the French Creek Kitchen as Chef!

Patrick, who has been a part of French Creek for some time, brings a wealth of culinary experience and a passion for creating delicious, nutritious meals.

He has already started cooking up some amazing dishes that our clients are raving about!

Patrick's dedication to our clients and his warm personality are such a blessing to us. We can't wait to taste all his incredible creations and experience the joy he brings to our kitchen.

Welcome, Chef Patrick!



Ambassador Visit Highlights

Last month, we had the honor of welcoming some French Creek Ambassadors who shared their incredible journey of experience, strength, and hope with our clients. Their inspiring stories resonated deeply, offering valuable insights and encouragement to everyone present.

The Ambassador's visit was a powerful reminder of the resilience and determination that define our community. Their words of wisdom and support have left a lasting impact, motivating our clients to continue their path to sobriety with renewed vigor.

We are grateful for their visit and look forward to more alumni ambassadors connecting and inspiring our community.

Save the Date: Annual Alumni Reunion

We are excited to announce our Annual Alumni Reunion on **July 12th** in Meadville, PA! This special event is a wonderful opportunity for our alumni to reconnect, share their journeys, and celebrate their continued sobriety.

Join us for a day filled with inspiring stories, fun activities, and delicious food. It's a chance to catch up with old friends, make new ones, and

strengthen the bonds that make our community so special.

Mark your calendars and stay tuned for more details. We can't wait to see you there!



Ready to get started? Scan here >



We're all in this together

Join fellow alumni & staff on the French Creek Alumni Community app today!



Join the French Creek Alumni Community

Stay connected and support each other through the French Creek Alumni Community app. Whether you're looking for advice, struggling, or just want to share your journey, our community is here for you. Check out our monthly alumni events and contests.

Ready to get started? Scan the QR code to download the app and join fellow alumni and staff today!

A Note From Tina

Dear Alumni,

I want each of you to know that you are never alone. Your unwavering support has been a cornerstone in my journey, and I am profoundly grateful that God has brought us together. Each one of you adds a unique and invaluable presence to this community, making it truly extraordinary. God has truly blessed me by bringing each one of you into my life. I have so much love for every person who has ever walked into French Creek. Thank you for being my family.

With heartfelt gratitude,
Tina

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



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