

**Alumni Spotlight: Kelly**

Clean date: 05/13/24

- What do you love best about our alumni program?**  
They do activities and include me in them.
- What advice can you give our new alumni?**  
Keep your chin up and remember it gets better.
- What do you do to continue to stay clean?**  
I go to Helio Health for outpatient services.
- What sober activities do you do?**  
I do diamond art, read, watch movies, and go to meetings.



Congratulations to Kelly on her 1-year sobriety anniversary this month! 🎉 We are incredibly proud of you and grateful to be part of your recovery journey. Your strength and determination inspire us all. Keep shining!

**Staff Spotlight: Michael**

This month, we are thrilled to highlight Michael, a remarkable addition to French Creek's admissions team. As our dedicated client advocate, Michael's kindness and compassion resonate throughout our community. When asked what he loves about his job, Michael shared, "I enjoy being a part of the client's journey to sobriety. I enjoy seeing the transformation that takes place with them while they are in treatment."

Thank you, Michael, for your unwavering support and dedication!

**April's Alumni Event**

Last month, we had a fantastic time at the Carlson Comedy Club in Rochester. It was wonderful to spend time with our alumni family, sharing laughs and creating memories. We're grateful for the moments we shared and look forward to seeing you at the next event!



**Join French Creek and Alumni for the 1st Annual Cayuga County Recovery Fest!**

Celebrate recovery and community at the 1st Annual Cayuga County Recovery Fest on Saturday, June 14, 2025, from 1-9 PM at Auburn Alliance Church. This free event is hosted by Auburn Alliance Church and sponsored by Auburn Community Hospital. Don't miss out on this amazing opportunity to support and celebrate recovery!

**Save the Date: Annual Alumni Reunion**

We are thrilled to invite you to our Annual Alumni Reunion on July 12th in Meadville, PA! This special event is a fantastic opportunity for our alumni to reconnect, share their journeys, and celebrate their continued sobriety. Join us for a day brimming with inspiring stories, engaging activities, and delicious food. It's the perfect chance to catch up with old friends, make new ones, and strengthen the bonds that make our community so unique.

**RSVP Details:** Please let us know if you can attend by contacting Tina at 724-718-2854.

We can't wait to see you there!



**May is Mental Health Awareness Month**

May is a time to raise awareness about the importance of mental health and to break the stigma surrounding mental health issues. For our alumni, this month is a reminder of the strength and resilience it takes to overcome addiction and the importance of maintaining mental well-being. Let's use this month to support each other, share our stories, and continue our journey towards recovery and mental wellness.

I encourage all alumni to reach out, share their experiences, and connect with others. Whether it's through our support groups, social media, or personal conversations, your story can inspire and help others. Together, we can build a stronger, healthier community.

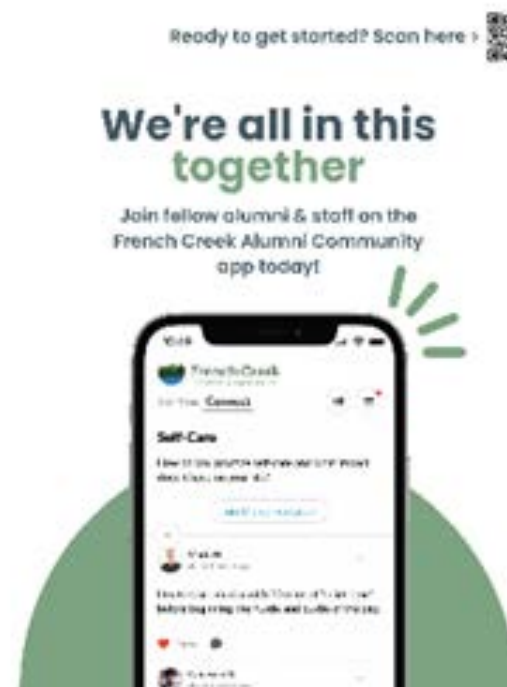
**#BreakTheStigma**

**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!

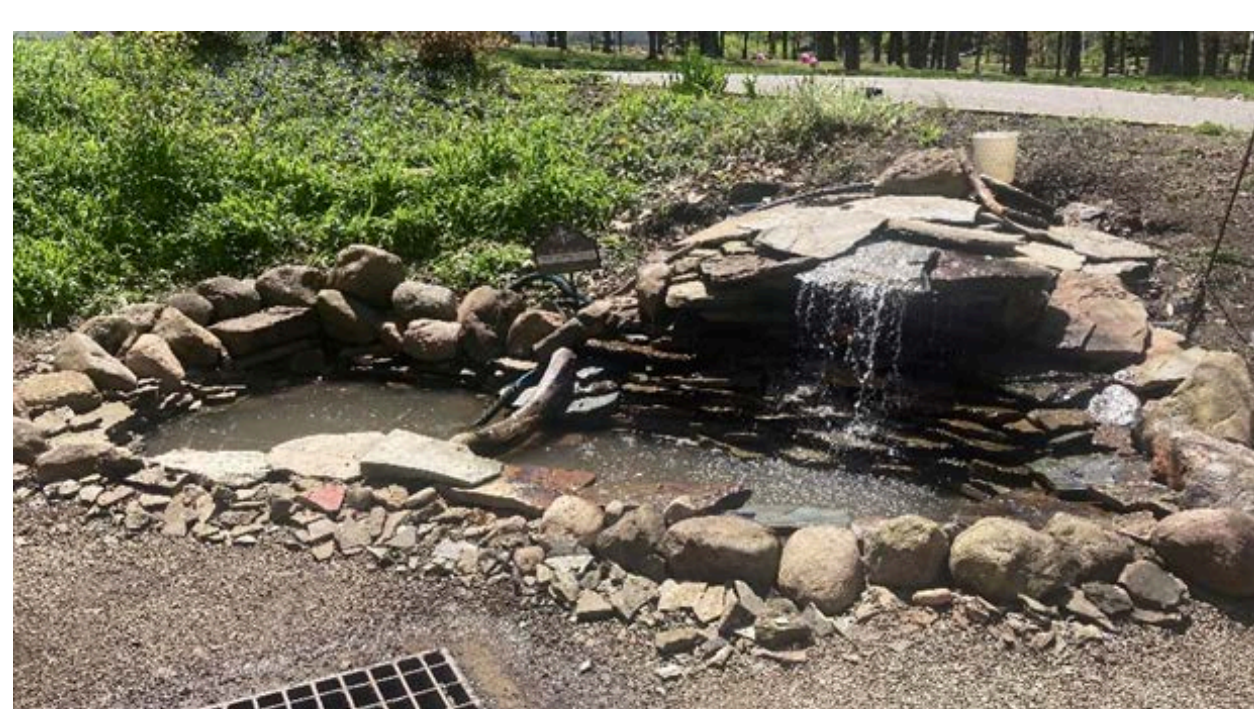


**Calling All Veterans and First Responders!**

Join the Virtual Veteran Muster organized by Tactical Recovery, a Veterans & First Responder Support Service. This weekly virtual meeting provides a space for veterans and support members to connect, share experiences, and receive support.



**A heartfelt thank you to our clients for helping restore our fishpond. It looks great!**



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



**Tina Sheirer**

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COORDINATOR

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**HAPPY  
SPRING**