



### Alumni Spotlight: Victoria

Sober date: 8-6-24

#### What do you love best about our Alumni program?

We're a family, it's sober support. You don't realize how important having sober support is until you have it, especially in early sobriety. It's given me the opportunity to make great friends. Friends who are living the same way I am, one day at a time.

#### What advice can you give our new alumni?

Get connected, Stay connected. "The opposite of addiction is connection." Words to truly live by. Building social bonds and feeling a sense of belonging makes sobriety just a bit easier. The recovery community is full of some of the most supportive and compassionate people I've ever encountered in my life. We always say, "We will love you until you love yourself," and it's true. Forgive yourself, accept it, and learn from it. Accepting the past is a huge part of learning to forgive yourself. "Never forget where you came from, you'll always know where you're going." Lastly, and probably the most important, love yourself. Be kind to yourself, celebrate the small victories! You are worthy of recovery.

#### What do you do to continue to stay clean?

Staying busy and productive, keeping a positive routine. I attend our alumni meetings; we have them four days a week, and those are super important to me because I don't have time to go to an in-person meeting. I have a 3-year-old and I'm doing my best to make sure we're always doing something fun in our off time. Aside from that, I work full time with our horses, which is like getting paid to go to equine therapy every day. I also go to actual therapy regularly; my mental health is extremely important to me nowadays.

#### What sober activities do you do?

Riding horses, even just taking care of the horses, I'd consider a sober activity. They're the smartest animals, they can sense your emotions, and they don't judge. Being around them is a positive environment for me, and I'm very blessed. Aside from that, my daughter gets all my free time, we love to swim, play games, and we go to the zoo so often that we've given the animals their own names. Going to different parks, and I just taught her how to ride a bike. She's the light of my life.

### Meet Our New Alumni Coordinator: Joe

Meet our new Alumni Coordinator, Joe, a proud 45-year-old Meadville native with a heart as big as his love for the Pittsburgh Steelers (yes, we know, cue the friendly rivalry banter!). He's a devoted dad to one amazing daughter and two wonderful sons, one of whom is adopted and brings a unique and inspiring perspective to their family.

When he's not cheering on his favorite team, you'll find him surrounded by animals, as he's a true animal lover at heart. His passion for sports and his warm, loving nature make him a perfect fit for our community. Get ready to share some laughs and heartfelt moments with him at French Creek Recovery Center!

Welcome to our alumni family, Joe. And...GO BILLS lol



### French Creek Alumni Reunion!

Join us on **Saturday, July 12th**, from **12:00 PM to 4:00 PM** at **Huidekoper Park** for a day of fun and memories!

- **Cookout** 🍔
- **Corn Hole Tournament** 🏆
- **40-ft Inflatable Obstacle Course** 🧑‍🦰♂️
- **Music** 🎵
- **And More!**

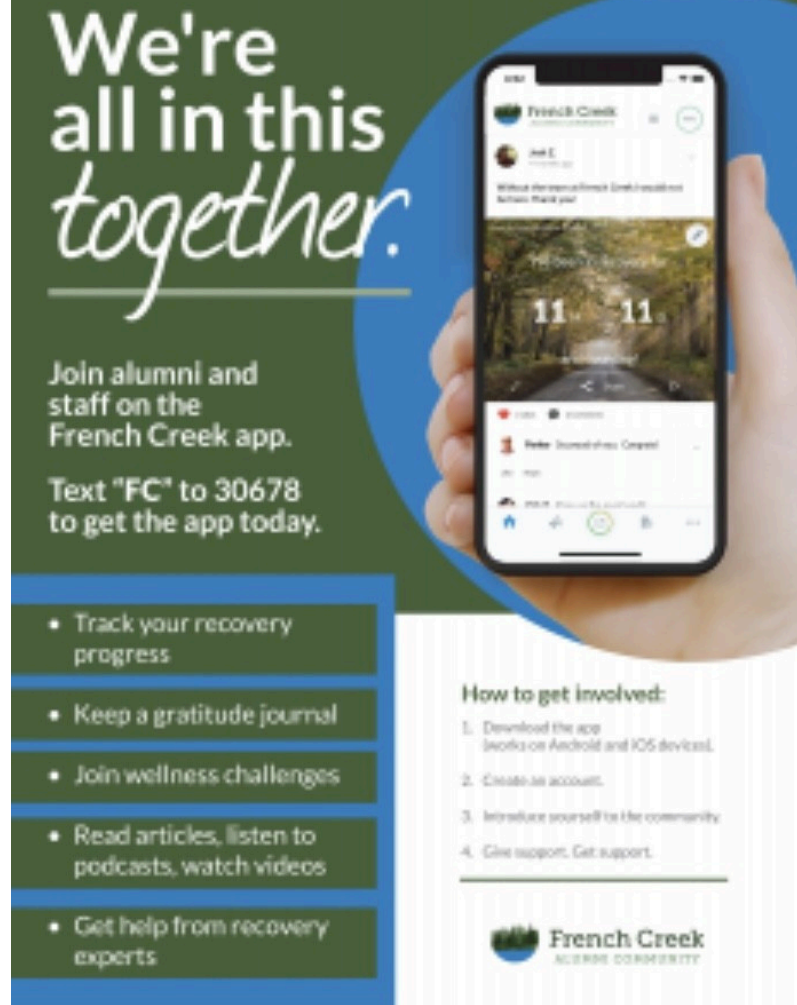
RSVP to Tina at 724-718-2854. See you there!

### French Creek Recovery Center at Cayuga Recovery Fest

Our alumni proudly represented French Creek Recovery Center at the 1st Annual Cayuga Recovery Fest. Dave White was honored to share his personal story about his time at our facility, inspiring many with his journey. Dave's story was especially touching and showed the strength and resilience of our community. We're super proud of all our alumni for inspiring others and making a positive impact!



### Discover the French Creek Alumni Community App!



#### Are you ready to take your recovery journey to the next level?

Our French Creek Alumni Community app is here to support you every step of the way. Join fellow alumni and staff in a vibrant, supportive community designed to help you stay connected and motivated.

#### Key Features:

- **Self-Care Tips:** Get daily self-care tips from fellow alumni like Mark W. and Cameron Q., who share their personal practices to help you start your day right and stay focused.
- **Community Support:** Connect with others who understand your journey. Share your experiences, ask questions, and find encouragement from a community that truly cares.
- **Event Notifications:** Stay updated on all the latest events, meetings, and activities. Never miss out on an opportunity to engage and grow.
- **Resources:** Access a wealth of resources, including articles, videos, and tools to aid your recovery and personal development.
- **Contests and Challenges:** Participate in fun contests and challenges to keep your recovery journey exciting and rewarding.

#### Join Us Today!

**Need help getting connected?** Download our French Creek Community App. Check out our newest contest and event dates.

### Tips for a Safe and Sober July 4th

As we gear up to celebrate Independence Day, it's important to remember that the festivities don't have to include alcohol to be enjoyable. Here are some tips to help you have a fun and sober July 4th:

1. **Plan Ahead:** Organize your own alcohol-free gathering or choose events where sobriety is the focus. This way, you can control the environment and avoid potential triggers.
2. **Communicate Your Needs:** Let friends and family know about your commitment to staying sober. Having a supportive network can make a big difference.
3. **Stay Busy:** Engage in activities that don't involve alcohol, such as sports, games, or cooking. Keeping busy helps you stay focused and avoid idle moments that might lead to cravings.
4. **Create Enjoyable Non-Alcoholic Options:** Prepare delicious mocktails or other non-alcoholic beverages to enjoy during the festivities.
5. **Have an Exit Strategy:** Drive your own car so you can leave if you feel tempted to drink. Protecting your well-being should always be your top priority.
6. **Attend Sober Events:** Look for local sober events like parades, concerts, or picnics where alcohol isn't the focus.
7. **Spend Time in Nature:** Escape the crowds by spending time outdoors, whether it's hiking, camping, or swimming in less popular areas.
8. **Lean on Your Support System:** Stay connected with your support group, sponsor, or sober friends. Having someone to check in with can make all the difference.
9. **Prepare for Triggers:** Identify potential triggers ahead of time and have a plan to manage them.
10. **Start Your Day Grounded:** Attend a morning recovery meeting to set a positive tone for the day.

By planning ahead and surrounding yourself with supportive people and activities, you can have a fun and memorable July 4th without compromising your sobriety. ☀️