

JUNE ALUMNI NEWS



Alumni Spotlight: Justin

Sober date: 10-31-24

This month, we proudly spotlight Justin, one of our inspiring alumni. Justin's journey with French Creek Recovery Center showcases his resilience and determination. Through his hard work and the support of our alumni community, Justin has made remarkable progress in his recovery.

What do you love best about our alumni program?

The alumni program offers a way to inclusion which is so imperative to recovery. The meetings offer support and a community to hold me accountable.

Stick to a routine, find a sponsor, and keep going to meetings.

What do you do to continue to stay clean?

What advice can you give our new alumni?

I am active in my in-person meetings, I still attend outpatient counseling, I

attend six days of meetings, and I am active in the alumni program. What sober activities do you do? I enjoy volunteering at my church, playing basketball, cornhole, golf, and

hanging with my recovery friends.

Speaker Jam

French Creek Alumni Ambassadors

In May, French Creek Recovery Center welcomed ten alumni ambassadors back to our facility. They shared their recovery stories, offering hope and strength to our current clients. After the sharing session, everyone enjoyed a cookout and a cornhole tournament, creating a fun and supportive atmosphere.

We are deeply grateful to our alumni for their ongoing support and dedication. Their contributions have made a significant impact on our community.

Check out our cornhole tournament winners from that day! Mike and Joe killed it!









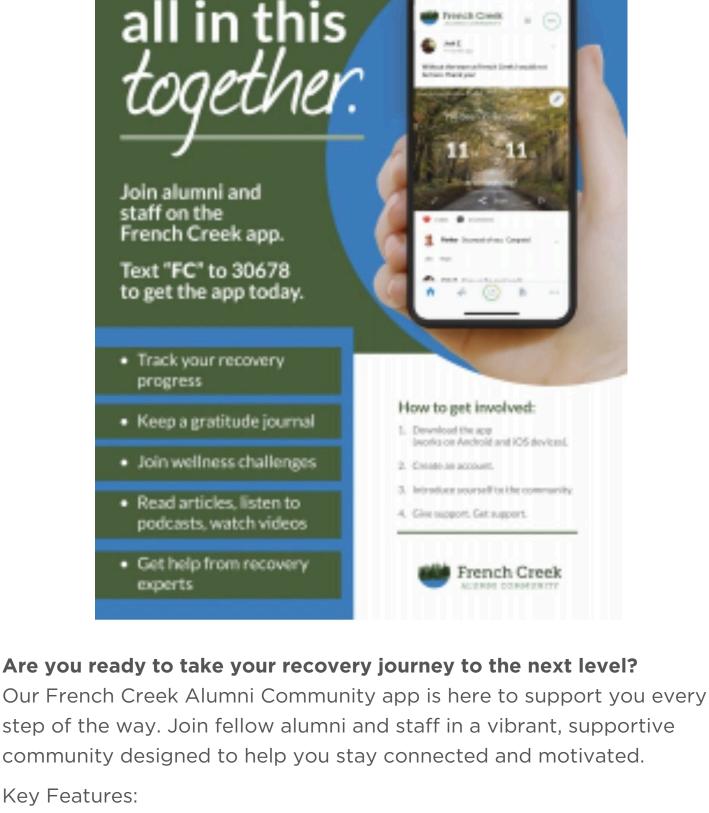
Staff Spotlight: Sharon

This month, we are thrilled to shine our spotlight on Sharon, a dedicated and compassionate member of our French Creek Recovery Center team.

We are incredibly grateful to have Sharon as part of our team. Thank you, Sharon, for your outstanding service and for being a beacon of hope and strength for all of us.



Discover the French Creek Alumni **Community App!**



• **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!



June is Pride Month! Every June, we celebrate Pride Month to honor the LGBTQIA+ community and their ongoing fight for equality and acceptance. This month-long celebration commemorates the Stonewall Riots of June 1969, a pivotal event in the

LGBTQIA+ rights movement. The first Pride parade took place in New York City on June 28, 1970, marking the anniversary of the Stonewall Riots.

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



ALUMNI

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www.frenchcreekrecovery.com