

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.

What advice can you give our new alumni?

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

What do you do to continue to stay clean?

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.

French Creek Alumni Ambassadors Speaker Jam

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.



French Creek
RECOVERY CENTER

UPCOMING ALUMNI EVENTS

RECOVERY FEST

14 JUNE 2025

Cayuga County Recovery Fest 2025
Join us at Auburn Alliance Church on June 14, 2025, from 1-9 PM for a free event featuring live performances and community celebration.

ALUMNI REUNION

12 JULY 2025

Alumni Reunion
Join us at Huidekoper Park in Meadville, PA on July 12th from 12-4 PM for a special alumni reunion. Reconnect with old friends, share your journeys, and celebrate our community.

SOBER FUN

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www.frenchcreekrecovery.com

Discover the French Creek Alumni Community App!

We're all in this together.

Join alumni and staff on the French Creek app.

Text "FC" to 30678 to get the app today.

- Track your recovery progress
- Keep a gratitude journal
- Join wellness challenges
- Read articles, listen to podcasts, watch videos
- Get help from recovery experts

How to get involved:

- Download the app (works on Android and iOS devices).
- Create an account.
- Introduce yourself to the community.
- Give support, Get support.

French Creek
ALUMNI COMMUNITY

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!



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!



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