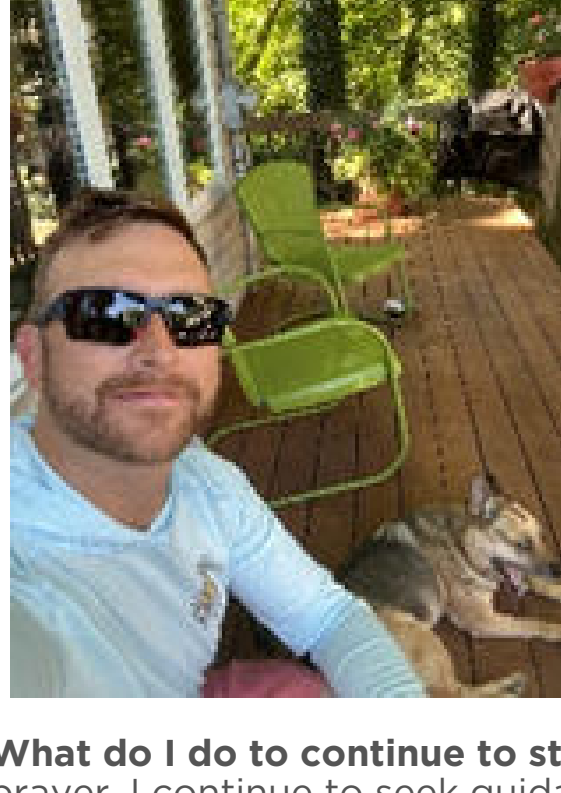


AUGUST ALUMNI NEWS

Alumni Spotlight: Norm

Sober date: 10/29/2024



What do you love best about our Alumni program?

It has taught me how to build healthy relationships again. I was isolated for so long using alcohol and drugs, I forgot how good it makes me feel to be around other people; It made me feel a part of humanity again! We share a common bond, Suffering, but we don't have to suffer alone anymore.

What advice can you give our new alumni?

Take a chance and come to the meetings. The opposite of addiction is connection. You will make friends in the Alumni group, and everyone is supportive. You must put yourself in positions to grow, and the Alumni network is a great starting place. Don't be afraid to ask for help

What do I do to continue to stay clean? I start my day with reading and prayer. I continue to seek guidance from God daily. I don't let fear rule my life. But of course, I come to the Alumni meetings and keep in contact with my lovely French Creek Family.

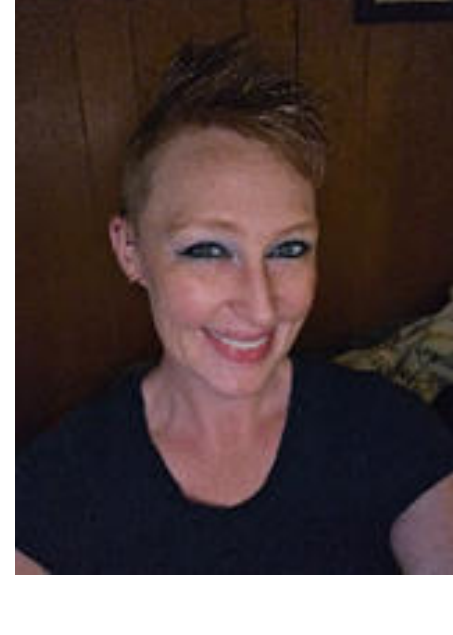
What sober activities do you do? I played in an AA golf tournament with fellow Alumnus Justin; he hits a long ball. I go to Alumni events. This month, Darien Lake is hosting an event, and I'm really looking forward to it. Other than that, everything I do has turned into a sober activity because I'm not loaded 24/7 anymore.

Congratulations to Norm on his 9th month of 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: Fauna

This month, we are thrilled to highlight Fauna, a remarkable addition to French Creek's Milieu. As our Milieu Coord, Fauna's kindness and compassion resonate throughout our community.

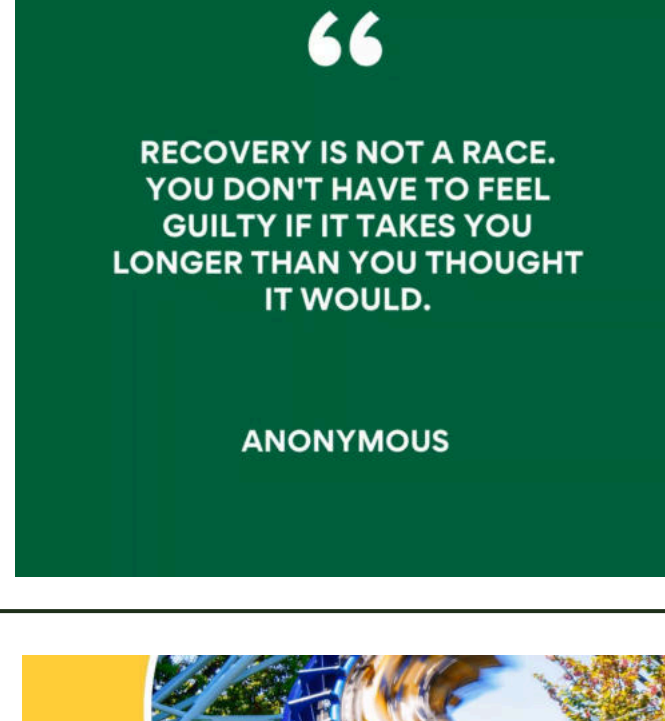
When asked what she loves about her job, Fauna shared, "I enjoy being a part of the client's journey to sobriety. I enjoy seeing the transformation that takes place with them while they are in treatment. " Thank you, Fauna, for your unwavering support and dedication!



July's Alumni Reunion



Last month, we had a fantastic time at the Alumni Reunion in Meadville, Pa. 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!



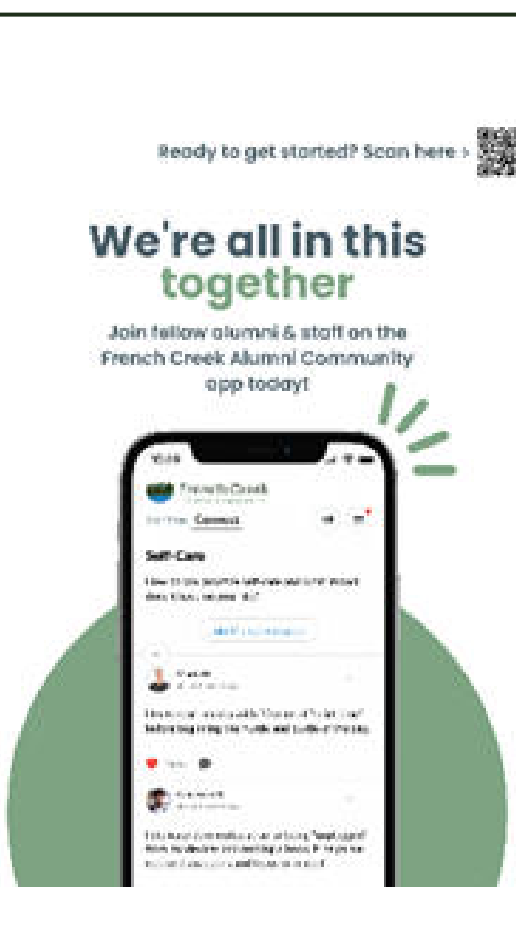
We are thrilled to invite you to our Alumni event on August 2nd in Darien Center, NY! This Alumni event is a fantastic opportunity for our alumni to reconnect, share their journeys, and celebrate their continued sobriety. Join us for a day brimming with inspiring stories, engaging activities, and delicious food. It's the perfect chance to catch up with old friends, make new friends, and strengthen the bonds that make our community so unique.

RSVP Details: Please let us know if you can attend by contacting Joe H. at (814)795-6393.

We can't wait to see you there!

International Overdose Awareness Day

August 31st marks International Overdose Awareness Day (IOAD), a global campaign to end overdoses. Remember loved ones who have died from a drug overdose and acknowledge the grief of those left behind.



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!

