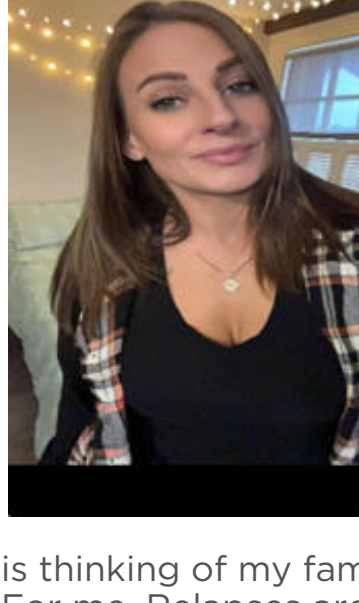




OCTOBER ALUMNI NEWS

Alumni Spotlight: Casey

Clean Date: 10/05/2023



What I love most about the French Creek alumni? I love Alumni because it gives me a whole community of people who I can relate to, depend on and everyone is very supportive of each other.

We have done so much as a group as far as activities together, new experiences with an amazing group of people, it makes you realize you can have fun in recovery.

Advice I would give to Alumni newcomers? My advice to newcomers would be to stay connected with us in the group chat, and get numbers and get on the zoom meetings, they have helped me a lot since I got out of the creek. Also, reach out anytime you need someone or you're struggling. Outside meetings I would suggest if you're able to as well.

What do you do to continue to stay sober? My biggest thing

is thinking of my family and my children and how I don't want to let them down again. For me. Relapses are no longer an option. I pray, I have a relationship with my higher power, Who I call God. I let go of everyone from my past who isn't going in the direction that I am going. I focus on working right now and saving money, And I get on meetings 4 nights a week if I can. Stay connected with my family and people who are clean/sober.

What sober activities have you done so far? I've done so much...just with the Alumni I've been bowling, to a comedy show, Maid of the mist, Darien Lake...On my own, I love riding my bike around Buffalo in Delaware park, down to the water, wherever. I've been to a Buffalo Bills game and the art museum. I've also done so much with my kids, probably more this last year and a half than I did in the previous 4 years. All of the great experiences I've had wouldn't have been possible if I had been using.

Congratulations to Casey on coming up on her two years 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: Ricardo

This month, we are thrilled to highlight Ricardo, a remarkable addition to French Creek's BHA. As one of our BHA's, Ricardo's kindness and compassion resonate throughout our community, thank you Ricardo for being a big key to French Creeks success. community.

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



"Hi, I'm Ricardo I was born in Sante Ann Jamaica, and my hobbies are studying new things to learn, Snowboarding, playing games, and anything stress relieving. I love music and believe in God. I try my best and sometimes feel I'm not good enough, But I still try my best. One of my talents I play saxophone, piano, And guitar. I'm big on seeing the best in others and have optimistic views. I like being around positive vibes, and that's why I spread around so I can have others reflect it back."

Ambassador Speakers September 12th 2025



Last month, we had a fantastic time at French Creek Recovery. It was wonderful to spend time with our alumni Ambassadors, sharing their stories of hope amongst the community. We're grateful for the moments we shared and look forward to seeing you at the next event!



Ideas for hosting your own sober celebration:

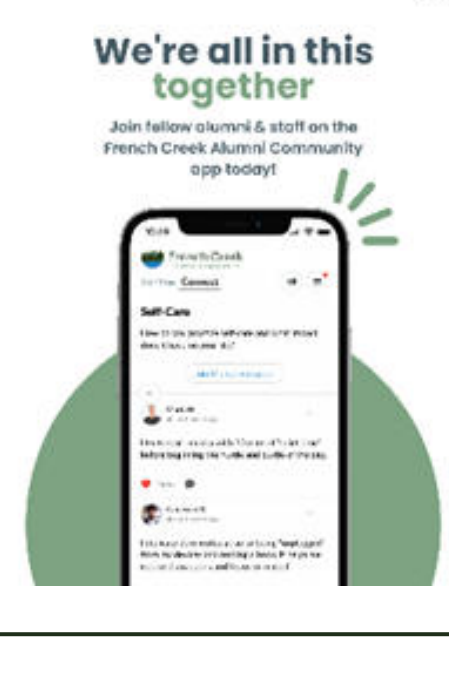
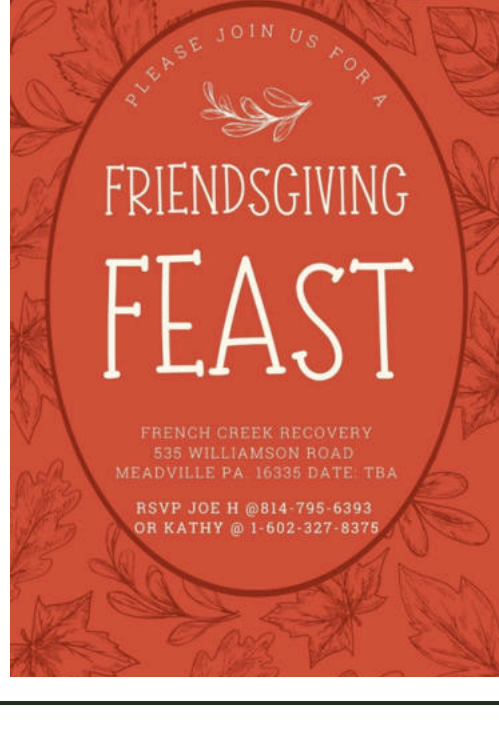
- Creative activities:** Organize a pumpkin carving contest, create a Halloween-themed photo booth, or set up a costume dance party.
- Spooky Entertainment:** Host a Halloween movie marathon featuring classics or family-friendly options or have a bonfire with ghost stories.
- Festive Food & Dinks:** Make non-alcoholic Halloween – themed drinks, host a potluck or set up a caramel apple station.
- Community-Based Fun:** Visit a pumpkin patch, go apple picking, or wonder through a corn maze for some outdoor fun.
- Themed Activities:** Plan a Halloween- themed scavenger hunt or engage in spooky crafts like making Halloween decorations.

Tips for staying sober on Halloween:

- Plan:** Decide on activities that align with your sobriety before the holiday begins.
- Control Your Environment:** Stay in control by hosting your own party or spending the evening at home with friends or family in a controlled environment.

Friendsgiving

Join us for a Friendsgiving feast on 11/26/25 @12 pm!



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.



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Please feel free to reach out to me for anything, it could be just to have a talk or a quick check-in to see how everything is going, available 24/7.