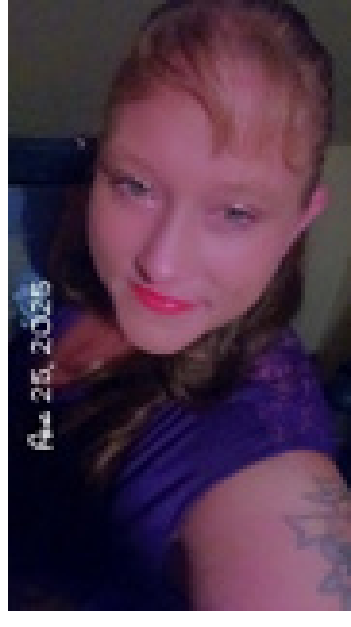


SEPTEMBER ALUMNI NEWS

Alumni Spotlight: Shana

Clean Date: 12/31/2024



What I love most about the French creek alumni is that it's like a family I never knew I needed. Day or night someone is always there if you're struggling. Advice that I would give to the newcomer alumni members is we're here to help one another, don't ever be afraid to reach out. They say the opposite of addiction is connection and that couldn't be more accurate. What I continue to do to stay sober is I have a routine I follow every day (for me a routine is a must for my recovery), I am at the zoom meetings 4 times a week, plus do therapy and other groups weekly. Sober activities I have done so far, I have gone to Darien Lake with the alumni, I have seen my oldest graduate high school and have gone to sea breeze amusement park with my boyfriend and friends for my birthday. I have also celebrated my first sober birthday in about 10 years.

Congratulations to Shana on coming up on her 8th 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: Quanosha

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

Hey there! I'm Quanosha, currently I'm a Behavioral Health Technician at French Creek. In my spare time I enjoy video games, watching horror movies, journaling, and honestly just looking at cute animals! I enjoy working at French Creek because it fills my life with purpose. If I'm able to at least help one person in the long run, I'll take it. Seeing people change over time gives my joy! I always tell others how proud I am of them for the change and effort that they put in. I enjoy being there for anyone who needs to talk, have any questions, or if they just want an extra ear to listen.



August Alumni Event: Darien Lake Six Flags



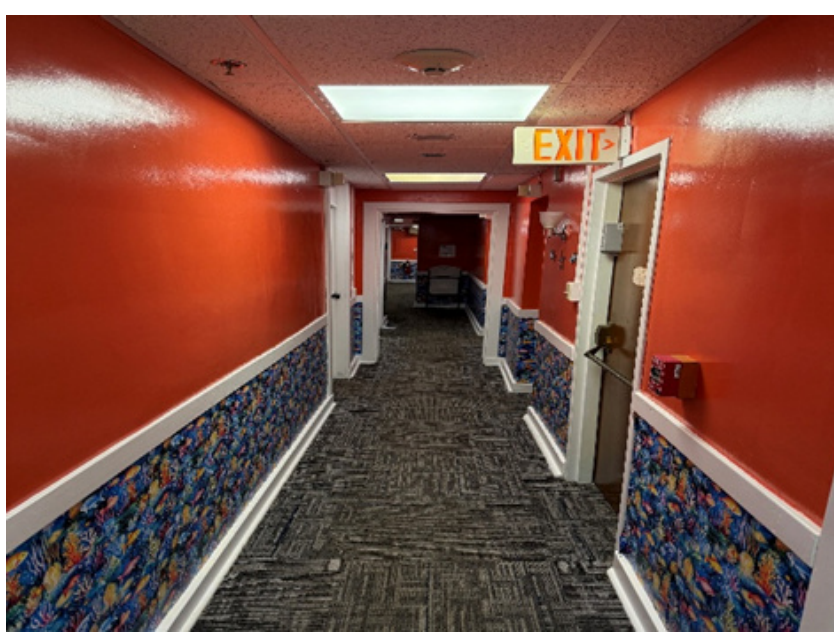
Last month, we had a fantastic time at the Darien Lake Six Flags in Corfu, NY. It was wonderful to spend time with our alumni family, sharing laughs and creating memories. We're grateful for the moments we shared and look forward to seeing you at the next event!

September is National Recovery Month

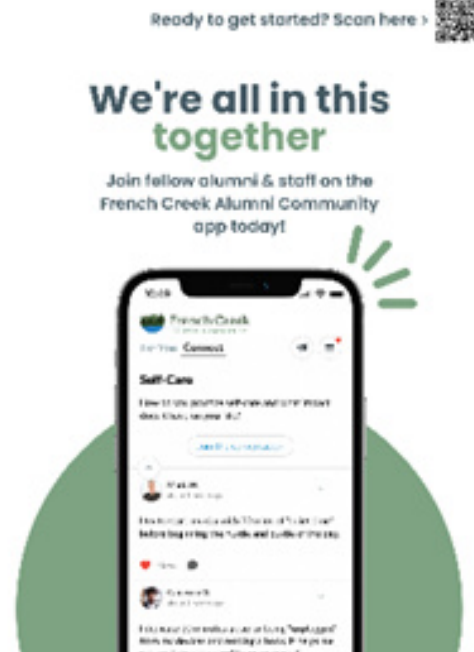


French Creek Renovations

A lot of renovations going on here at French Creek Recovery, Thanks to Mike and Hayden doing great work keeping our facility in wonderful shape, and thanks to our CEO Kathy for coming up with these ideas.



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.