

NOVEMBER ALUMNI NEWS

Alumni Spotlight: Justin Clean Date: 10/31/2024



What do you love most about French Creek and Alumni? What I loved most about French Creek & Alumni was the staff

was so caring and patient. They taught me to launch my recovery journey. French Creek also put some of the best friends a guy could ever ask for in the Alumni program. Advice I would give to Alumni newcomers?

To any newcomer just continue to be coming to the meetings, stay involved in the Alumni program and find your higher power. What do you do to continue to stay sober?

I stay connected to people who are in recovery, who are like minded and inspire me to stay sober and be a better person. The Alumni program and the strength of my faith are the two main things I think helps me stay sober. What sober activities have you done so far? I love golfing, And doing activities and

Congratulations to Justin on coming up on his 1 year of sobriety anniversary 10/31/24! 🎉 We are incredibly proud of you and grateful to be part of your

events with my Alumni family, Don 't miss a meeting also attend outside meetings.

recovery journey. Your strength and determination inspire us all. Keep shining!

This month, we are thrilled to highlight Heather, a remarkable addition to French Creek. As our Business Office Manager Heather's kindness and compassion resonate throughout our

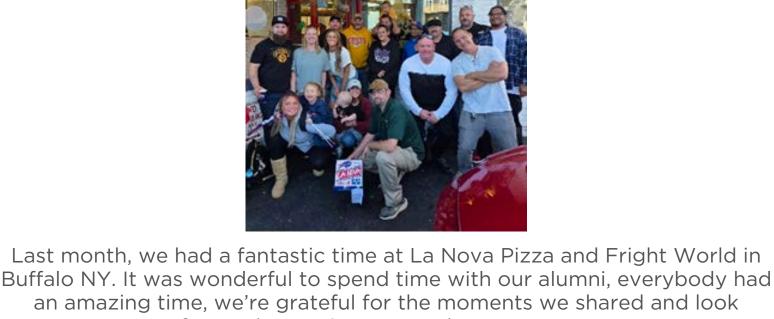
Staff Spotlight: Heather

community, thank you Heather for being a big key to French Creeks success. "Hey there, I'm Heather, you're friendly Business Office Manager at French Creek! When I'm not managing the finances here, I'm busy

finishing my last MBA course. Some fun facts about me are I'm a Pisces, I love puzzles, and I run on coffee. I spend the little free time that I have with my pets and in nature. I'm passionate about helping others and watching people grow. I'm always happy to lend an ear or a shoulder when needed. **Alumni Event 10/18/2025**



La Nova Pizza & Fright World Buffalo NY



an amazing time, we're grateful for the moments we shared and look forward to seeing you at the next event!



11/26/25 @ 12:00 pm! Please remember to RSVP!

Friendsgiving Feast on

Join us for a

rench Creek





If your Thanksgiving plans include being with family or friends, take the time to review your past holidays with them. Were they typically stressful, or did

family members fight or bring up hurtful things from the past? By reflecting

you feel at ease? Was there a lot of drinking? Were drugs available? Did

on past holiday gatherings, you can identify situations or people that may trigger a relapse. Then, you can make a plan to minimize those triggers.

changed.

3. Have Your Support System Ready Tell your sober friends and support group your plans and talk about any problems that occurred in the past or could occur this year. Make sure to have a person you can call if a problem arises or things become difficult. You could even bring a supportive friend with you as your guest. 4. Plan Your Arrival Since you have reviewed the past holidays, you are aware of where and

when you could feel anxious, angry, irritated, or stressed. You can decide whether it's better to arrive early or later; how long you can comfortably

Before the event, know your limits. Plan to stay only as long as you feel

comfortable and safe, and tell your family or friends what you think will work

If you decide that attending the traditional Thanksgiving gathering will not work for you, research sober holiday events near you, make plans to share

rewarding and fill you with gratitude. Thanksgiving is a day for thankfulness

the holiday with others who support your sobriety, or spend the day volunteering at a homeless shelter or a soup kitchen. Do what will feel

for you. Explain that you might need to leave unexpectedly if you're feeling stressed or anxious.

stay; or whether you should go at all.

6. Decide Not to Attend

5. Plan Your Exit

healthy life.

and gratitude. By planning ahead you can relax, be grateful, and enjoy your holiday. Help Is Available If you or someone you know needs help because of an addiction to drugs or alcohol, call and speak to a qualified professional at French Creek Recovery in Meadville Pennsylvania. They will be able to answer any questions or concerns you may have. The professional staff will provide you with the tools you need as they

guide you through your recovery process so you can live a sober, clean, and

Ready to get started? Scan here >

We're all in this together

Join fellow alumni & staff on the French Creek Alumni Community

app today!

our community is here for you. Check out our monthly alumni events and contests.

download the app and join fellow alumni and staff today! CALLING LL VETERANS!

Join the French Creek

Alumni Community

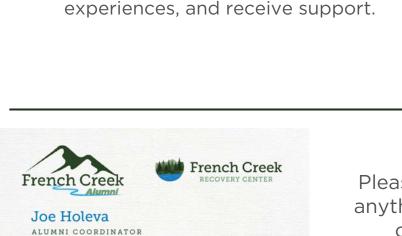
Stay connected and support each other

through the French Creek Alumni Community

app. Whether you're looking for advice, struggling, or just want to share your journey,

Ready to get started? Scan the QR code to

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



814.795.6393

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535 WILLIAMSON ROAD, MEADVILLE, PA 16335

and support members to connect, share

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.