

DECEMBER NEWSLETTER

ICYMI – Many Thanks for a Wonderful Friendsgiving 2024

So much food, so many friends, so much fun! That pretty much sums up Friendsgiving 2024. We had 57 people come out to the outpatient building in Sacramento for a festive evening full of laughs and love. We had a variety of “graduation groups” in attendance and it was a joy to witness everyone getting to know one another. It felt like we had all known each other for years! It is always the greatest joy of my professional life to participate in the camaraderie created by the shared life experience of recovery. If you missed out on this occasion, I encourage you to join us for the next event. Events continue to be announced on our very own Fair Oaks Recovery Alumni app! Not on the app? Text or call me, Mandi Garcia at 916-291-7211 today to get plugged in to your alumni community!







I Found It on Phoenix!

Are you familiar with the Phoenix app? If not, maybe its time to check out the Virtual New Member Social live stream being offered until 12/31. This is a free event and a variety of days and time slots are available. The 30-minute event is dedicated to talking through how to use the app and connecting on being part of the Phoenix community.

Looking for a way to give back and support your future fellow alumni during the holiday season?

Please consider dropping off a gift for a client to open on Christmas morning. December 13th deadline is ideal, but we will continue to accept gifts afterward. Please keep in mind the sooner the better! Gift suggestions include slippers, pajama pants, journals, etc. If you have any doubts or are coming in late, please contact Mandi at 916-291-7211 for specific suggestions. The closer to Christmas, the better we will know what we still need.



Congratulations to Megan!



Megan, affectionately also known as Bob, began her journey here at Fair Oaks RC as a behavioral health technician in the Fall of 2023. She has been a fan favorite ever since. And in December she became the newest member of our beloved Clinical team! While Megan has always been a strong supporter of our clients by helping them through daily routines and meeting their needs at the tech level, we are excited to see her sphere of influence on their recovery blossom. Take a moment and congratulate her on the app!

Staying Sober During the Holidays



Whether you have 1 day, 1 week, or 1 year in recovery the holidays can be tough. All month long we will be posting tips and best practices for staying sober during the holidays. The tip above is my personal favorite because it is a twofer. Having something in my hand helps relieve a little of the social anxiety so many of us experience. I have taken a sip of the wrong drink at a party. There is no need to freak out like I did! Get the taste out of your mouth, call your sponsor to talk it out, and try to laugh at the mishap with sober friends. The important thing is that you don't get the *eff its and keep drinking.

Special reminder that I will have my phone on and near me for all of the upcoming holidays! Please consider me a safe number to call if you are struggling with a craving or some loneliness that we are all prone to experience especially this time of year. Mandi – 916-291-7211
AND PLEASE UTILIZE YOUR COMMUNITY ON THE APP!!