

AUGUST NEWSLETTER

June



Mandi Garcia joined the team as our new Alumni Coordinator!

I am super excited to part of the FORC team. I am really passionate about alumni services and see it as the best kind of aftercare. I am part of an alumni community myself so I know first hand how important this community truly is.

I also believe in recovery being FUN! What better job to have than to make recovery fun for all of you. I have been enjoying getting to know folks. I look forward to meeting more of you--hopefully at the next alumni meeting or ice cream social.

The alumni program exists for **YOU!**

If you have any ideas, group announcements, or need access to our app please reach out to me at Mandi.Garcia@fairoaksrecoverycenter.com or text 916-291-7211.

Speaker Jam

Our bimonthly Speaker Jam, which happens every second (or even numbered) month, was a great time! David D. and his sponsor, Randy, came and shared their experiences, strengths, and hopes. Many delicious desserts were enjoyed, a power outage was survived, and there was plenty of hope and inspiration to go around!

We are looking forward to the next Speaker Jam in August and hope you will join us.



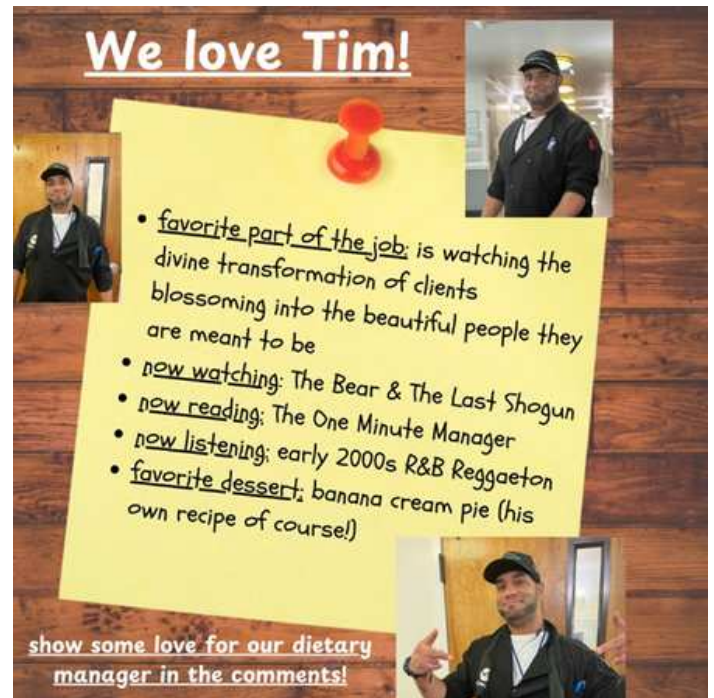
July



4th of July

The Alumni 4th of July event was a splash! We cooled down with a water fight out in front of residential and it was a soaking good time. We also enjoyed a ping-pong tournament with prizes, BBQ, delicious desserts, and Tim's salsa as we nurtured our community. Thank you to all of the amazing alumni that came out in the sizzling Sacramento heat to celebrate with us AND to our dedicated staff that made it possible.

Staff Shoutouts



Alumni Meeting Update



We tried something new in July with our weekly alumni meeting on Tuesdays. It has traditionally been held at our Outpatient offices and available by Zoom. We were looking to build community and after seeking input from our clinical team and alumni, we gave the meeting a try at our residential facility and included clients currently in treatment. It was a smash!

New name, new location, new time! Our weekly meeting will no longer be known as the alumni meeting on Tuesday. Moving forward it will be called Only on Tuesday! The meeting is now held at the residential facility from 6:30 pm-7:30 pm. This meeting is still available via Zoom and is only on Tuesday. All other days are still available for alumni to join the H&I, AA, or NA meetings.



August - Coming Up!

8/3 Recovery Market – 4641 Marconi Ave 11am-3pm.

8/6 Ice Cream Social – This and every 1st Tuesday right after the alumni meeting.

8/31 Int. Overdose Awareness Day and its awareness month all month long.



Birthday Blast!

Annual Milestones – July

Shelley J. 2

Adam H. 1

Daphnie C. 1

Nicole D. 1

Sarah A. 1



Annual Milestones – August

Justin E. 3

Tanner C. 1

Christine E. 1

***If you would like to have your annual milestone recognized in our newsletter please text 916-291-7211.**