

## SEPTEMBER NEWSLETTER

### Overdose Awareness Day

Overdose Awareness Day was August 30th, and everyone here at Fair Oaks Recovery Center took some time out to honor those we've lost and renew our commitment to #EndOverdose. Clients, staff, and alumni all came together for a short ceremony that included poetry and the designation of a memorial rock garden to increase year-round awareness.

We hope to fill the garden with rocks themed for awareness and minimize the need for memorialization. If you want to paint and add your rock to the garden, please text Mandi @ 916.291.7211 and remember the color for Overdose Awareness is purple.





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## August Speaker Jam - ICYMI

FORCs' third Speaker Jam was held in August. We welcomed Shayne E. and her sponsor to speak for us at the facility. We had several staff present, and 25 alumni joined us! We had around-the-room introductions, including clean/sobriety time, and enjoyed some delicious desserts. It was a great time, and if you missed it, please join us for the next one on the last Friday in October.



# September is Recovery Month!

National Recovery Month was started in 1989 and is marking its 35th anniversary this September. Recovery Month is all about celebrating the recovery community, eradicating stigmas around addiction and recovery, and supporting evidence-based treatment and recovery practices.

You can visit [SAMHSA.gov](https://www.samhsa.gov) or [FacesAndVoicesofRecovery.org](https://FacesAndVoicesofRecovery.org) to learn more about webinars and advocacy or to read the President's Proclamation. Don't miss out on the 2024 Gallery of Hope: Artistic Expressions of Recovery Across the Nation, a digital gallery showcasing over 280 selected artworks. Visit: [www.samhsa.gov/recovery-month/gallery-of-hope-2024](https://www.samhsa.gov/recovery-month/gallery-of-hope-2024)



## Welcome New Alumni

*(listed in order of date  
joined as alumni)*

- Lee
- Vanessa
- Stephanie
- Michael
- Rick
- Cory
- Doug
- Chance
- Chris
- Megan
- Sarina
- Andy
- Anthony
- Dawna
- Mercy
- Tom
- Derek
- Kirk
- Nic
- Mitchell
- Isaiah
- Jacob
- Jeramy
- Barry
- Jaren
- AJ
- Cody
- Shannon
- Liam
- Emily
- Steve



## September Birthday Blast!

James G. – September 4

Devin M. – September 2

Eugene C. – September 2

Hazel – September 1

Mel G. – September 1

Tracey F. – September 1

Angel L. – September 1

Charlie W. – September 1

Claire G. – September 1

Travis M. – September 1

Shane J. – September 1

Darren S. – September 1

Cody F. – September 1

