

# Fair Oaks Alumni Monthly

## Dear Reader

As the days get longer and the weather warms, lean into a fresh take on your self-care routine. You may feel called to spend more time outdoors or stay out later. Remember to prioritize rest, hydration, and some form of spiritual maintenance practice you subscribe to. Prayer, meditation, church, meetings – all support spiritual wellness!

## ALUMNI EVENTS

**Weekly**  
Tues. OOT Alumni 6:30pm  
Wed. OOT2 7pm zoom only

**Apr 02**  
Reunion Planning Mtg 6pm

**Apr 03**  
Step Study @IOP 6pm

**Apr 18**  
Coffee Date Qamar 10am

**Apr 24**  
Speaker Jam 6pm

**Apr 26**  
Mini-golf Scandia 11am

For More Info  
Visit the App

Are you missing out?  
It is all on the app. Join us @

vr.getcaredfor.com

## APRIL SHOWERS, NEW GROWTH

by **Brandon Monahan**  
The Farley Center



April has a way of reminding us that growth doesn't always come easy. The rain shows up, the skies turn gray, and things can feel a little messy but beneath it all, something new is taking root. Recovery can look like that. There are seasons where it feels uncomfortable, uncertain, or even heavy, but those are often the very moments where the most meaningful growth is happening.

Spring invites us to look at what we're nurturing in our lives today. What are we watering: connection, honesty, willingness? What are we letting go of old patterns, resentments, isolation? Just like the world around us begins to bloom again, recovery gives us the chance to keep growing into something stronger, healthier, and more alive than we ever thought possible.

This April, lean into the process. Embrace the fresh start, stay connected, and trust that even on rainy days, something good is growing.

Brandon is the Alumni Coordinator at a sister facility in Virginia, a Labubu enthusiast and inspiration to the Alumni Coordinator community.

## LET THE GOOD TIMES ROLL- IN CASE YOU MISSED IT



A proud Alumni Coordinator moment when I pinned the mic on our very own Dustin C. just before he shared his experience, strength, and hope at the Sweetheart Speaker Jam. He was joined by his sponsor, Dan. Dan has a tendency to keep Dustin in the book and in service!

We get a pretty fun group here at the Residential facility on Tuesday nights! If you aren't joining us on Tuesdays, what are you even doing with your life???

We are in person and on zoom Only On Tuesdays at 6:30pm. Want a reminder?? Text Mandi at 916-291-7211.



**Have Alumni Event or Services Opportunity Ideas?  
Contact Mandi Garcia, Alumni Coordinator!  
916-291-7211 [mandi.garcia@fairoaksrecoverycenter.com](mailto:mandi.garcia@fairoaksrecoverycenter.com)**

# Clinical Corner



This month's Clinical Corner features **Andy Miller**. Andy is a Substance Use Disorder Certified Counselor and is currently in school at Sac State pursuing his Master's in psychology. This summer will be his 2<sup>nd</sup> anniversary with FORC

Vulnerability used to feel like the last thing I wanted anything to do with. For a long time, I thought being strong meant keeping everything in—pushing down any sadness, embarrassment, fear, self-doubt. Being strong meant “I don't let things bother me”, and I could “let things go”. But in recovery, I'm continuing to learn that it's actually the opposite. The moments that have helped me the most are the ones where I've been willing to be honest, even when it's uncomfortable.

For me, that looks like telling my wife, “I'm still ashamed about my disease, and what I did in my addiction,” instead of pretending it doesn't continue to affect me. It's admitting out loud that sometimes I'm scared, I feel like I'm not good enough, or that my feelings were hurt. It's even sharing the stuff that hits my pride the hardest—like feeling embarrassed that I don't make as much money as other people my age. None of these things are easy to say. Every one of them comes with that instinct to shut down or deflect. But every time I push through and say it anyway, something shifts.

Instead of creating distance, it actually brings me closer. Closer to myself, and closer to others in my life. Instead of feeding the shame, it takes some of its power away. And instead of staying stuck in my own head, I get to reality-check those fears with someone who cares about me.

For those of us who have completed a rehab program, this is where the real work continues. It's easy to think that vulnerability was something we practiced “in there,” and that once we're back in the real world, we need to toughen up again. But the truth is, this is exactly where it matters most. Life doesn't stop presenting us with stress, insecurity, or unexpected challenges—and without vulnerability, it's easy to slip back into isolation, which is where old patterns start to creep in.

Staying vulnerable means staying connected. It means continuing to reach out instead of pulling back, continuing to tell the truth instead of hiding behind what feels safer. It's what keeps recovery active and alive, rather than something that slowly fades into the background. For you alumni, this can look like checking in with someone when you're struggling instead of waiting until things get overwhelming. It can mean being honest in meetings, even when you're tempted to say, “I'm fine.” It might mean having the hard conversations with loved ones, or admitting when you continue to need support. These small, honest moments add up—they're what protect the progress you've worked so hard to build.

Vulnerability isn't a one-time decision; it's a daily practice. And the more we lean into it, the more we build resilience, trust, and real confidence—not the kind that comes from pretending, but the kind that comes from knowing we can face life as we are.

# Coming Up

## Next Up:

Stay tuned for next months Clinical Corner featuring therapist Manny Bohorquez, ACSW.



## SOBERCHELLA

FORC 2<sup>ND</sup> ANNUAL ALUMNI REUNION

1PM | MAY 16 | RUSCH PARK  
7801 Auburn Blvd., Citrus Heights, CA 95610

Join us as we  
celebrate another  
year of alumni with  
speakers, food,  
music, fun, and  
sobriety!

RSVP by May 1<sup>st</sup>

**A reminder of the strength that comes from walking this journey together.**

If you ever have a friend or family member who is struggling, please know you can reach out to me—or share my contact information with them. We'd love the opportunity to help them find the care and support they deserve, and, when the time is right, welcome them into our alumni program. Just like you, they'll have a community to lean on long after treatment.



### Three ways to help

- Give out my number 916-291-7211
- Or admissions line 916-970-7221
- Call me with your loved one on the phone

**Fair Oaks**  
Recovery Center

Thank you for helping us extend hope, healing, and fellowship to others who may need it.

# Every Week

find community  
& support

## Out & On Track

starts February 4th!

Wednesdays 7pm-8pm  
zoom id: 813 9797 1623  
passcode: 360267

**peer lead ~ peer powered**

*only on Tuesdays*

## *Alumni Meeting*

Doors Open @ 6:15pm  
One hour meeting @ 6:30pm  
in person or by zoom (alumni only)

# Birthdays | New Alumni

**30 Days**  
Troy  
Diane  
Rich  
Lizeth  
Jared  
Katie

**60 Days**  
Hannah  
Lauren  
John  
Ariel  
Angelo  
Germaine  
Becca  
Jess

**90 Days**  
Sydney  
Kyle  
Shawn  
Jordan  
Tricia  
Paul

**6 Months**  
Mary  
Josh  
Jen  
Justin  
Jakobe  
Aaron  
Gina  
Sean  
Cory  
Michael

**9 Months**  
Robert  
Maxwell  
Teresa  
Edna

**1 year**  
Jordan  
Matt  
Juli

**Annuals**  
**Mark-2yrs**  
**Dustin-2yrs**  
**Autumn-2yrs**  
**Sally-2yrs**  
**Patrick-3yrs**  
**Shayne-3yrs**

Alec  
Germaine  
Natalee  
Joshua  
Rebecca  
Obetta  
Adam  
Judy  
Diane  
Jamie  
Jessica  
Lizeth  
Jessica  
Leo  
Randall

Nancy  
Angelo  
Robert  
Anthony  
Daisy  
Alec  
Alfredo  
John  
Matthew  
Fredrick  
Robert  
Shawn  
Tyler  
Caden  
Kevin