

June 2026

Fair Oaks Alumni Monthly

Dear Reader

Thank you for taking the time to check out our monthly newsletter. We are looking for alumni contributions. Share your story, your art, reflections on life!

Please send all submissions to Mandi.Garcia@fair Oaks Recovery Center.com or 916-291-7211

ALUMNI EVENTS

Happening Weekly

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

June 26

Speaker Jam
Autumn O. and Sponsor
@residential 6pm-8pm

June 30

Birthday Night!

July 11

Coffee Date

For More Info
Visit the App

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

vrc.getcaredfor.com

A REFLECTION ON AUTHENTICITY

by Mandi Garcia Alumni Coordinator

As we celebrate Pride Month, we recognize and honor the LGBTQ+ community and the generations of advocates who have helped create greater visibility, acceptance, and hope for others. Their courage reminds us of the power of authenticity and the importance of embracing who we truly are, values that are deeply connected to recovery.

Many of us spent years hiding parts of ourselves. We wore masks, built walls, and tried to fit into expectations that did not reflect who we really were. Recovery invites us to do something different. It asks us to be honest with ourselves and others. It encourages us to embrace our strengths, acknowledge our struggles, and show up as our authentic selves.

Living authentically is more than self-expression. It is a foundation for meaningful recovery. When we are genuine in our relationships, honest about our needs, and willing to let others see who we are, we create deeper connections and a stronger sense of belonging. Authenticity helps replace shame with self-acceptance and isolation with community.

This Pride Month, let us celebrate the courage it takes to live openly and honestly. Recovery is a journey of becoming who we were always meant to be. Every step toward authenticity is a step toward freedom, healing, and a life that feels truly our own.

Thank you for being part of a community where everyone is encouraged to grow, heal, and be fully themselves.



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In Case You Missed It

MAY WAS REUNION MONTH!

Our Annual Alumni Reunion was held on Saturday the 16th. We had about 80 attendees, 180 tacos, and 3 phenomenal speakers.

Special shout out to our Culinary Support Team and their Fearless Leader, Randy!! The tacos, the rice, the elote, all so good and prepared on top of normal facility needs being met. It's a heavy lift and we really couldn't do it as well as we do without you! Thank you for all your hard work.



see more at

<https://perfect-pixel.smugmug.com/Fair-Oaks-Alumni-Reunion-2026/n-Hx7pRM>
password is photoboothfun2026

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In Case You Missed It

MORE REUNION FUN!



thanks for being a part of this community!