

May 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, share your experience, inspire your fellows. Send in your photography, poems, or any other art you might be creating! Please send all submissions to Mandi.Garcia@fair Oaks Recovery Center.com or 916-291-7211



ALUMNI EVENTS

Weekly

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

May 07

Reunion Planning Mtg 6pm

May 08

Step Study @IOP 6pm

May 16

Alumni Reunion

June 04

River Cats Baseball

June 05

Step Study @IOP 6pm

For More Info
Visit the App

SEASON OF RENEWAL

by Mandi Garcia
Alumni Coordinator

There's something about May that feels like a quiet invitation to begin again. The days stretch a little longer, the air softens, and everywhere you look there are signs of renewal. We see light returning, flowers blooming, life moving forward. Recovery often follows the same rhythm. For many, the decision to seek help doesn't come in a dramatic moment. It comes gently, like spring itself. A small shift. A readiness. A sense that maybe it's time for something different. May is a beautiful reminder that change doesn't have to be forced, it can be nurtured.

As alumni, you carry something incredibly powerful: lived experience. You know what it's like to stand at that crossroads. You know the courage it takes to say yes to help. And because of that, you have a unique ability to reach others in a way no brochure ever could. Sometimes it's as simple as a conversation. A shared story. Letting someone know they're not alone and that change is possible. Referrals don't have to feel like "sending someone to treatment." They can feel like offering hope, extending a hand. You can be the bridge between where someone is and where they could be.

This season, as the world around us renews itself, there may be someone in your life quietly hoping for the same chance. Your voice, your encouragement, your willingness to speak up matters more than you know. Spring reminds us growth is always possible. And sometimes, it starts with one person believing in another.



Are you missing
out?

It is all on the
app. Join us @

vrc.getcaredfor.com

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

Have Alumni Event or Services Opportunity Ideas?

Contact Mandi Garcia, Alumni Coordinator!

916-291-7211 mandi.garcia@fair Oaks Recovery Center.com



May 2026

Clinical Corner & Coming Up

Seeking a Higher Power

by Manny A. Bohorquez, Jr. ACSW

One spiritual concept that is essential to long term recovery is surrender, the willingness to let go of control and trust in something greater than oneself. This is important because addiction is often fueled by the illusion of control, self reliance, and the attempt to manage life on one's own terms; surrender creates space for humility, guidance, and growth. By acknowledging limits and seeking a higher power, individuals can find strength, purpose, and peace beyond their own willpower. This concept can be implemented through daily practices such as prayer, meditation, or quiet reflection, as well as actively letting go of outcomes and asking for guidance in difficult moments. Over time, surrender becomes not a one time act, but a way of living that fosters resilience, connection, and a deeper sense of meaning in recovery.



SOBERCHELLA

FORC 2ND ANNUAL ALUMNI REUNION

1PM | MAY 16 | RUSCH PARK

7801 Auburn Blvd., Citrus Heights, CA 95610

FOOD FELLOWSHIP & A PHOTOBOOTH!

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

Fair Oaks
Recovery Center

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May 2026

New Alumni Ambassadors

🌱 From a single acorn, a forest grows 🌱

We're proud to introduce our newest Alumni Ambassador, Heidi!

Heidi brings a strength and authenticity to our alumni community that truly stands out. She shows up with love, integrity, and a perseverance that reflects the heart of recovery. No matter what life places in front of her, Heidi continues to move forward committed in her journey.

Her presence is one that will light up your day. She leads not by words alone, but by the way she lives—open, honest, and caring toward those around her.

Heidi embodies what it means to stay the course, and we are so grateful to have her as part of our Alumni Ambassador program.

If you haven't had the chance to connect with Heidi yet, be sure to introduce yourself at our next Tuesday meeting or Alumni Event - you'll quickly see the light she brings to this community.



🌱 From a single acorn, a forest grows 🌱

We're proud to introduce our newest Alumni Ambassador, Jaime!

Jaime is the definition of rock steady. He shows up consistently, grounded in his recovery, and always willing to lend a hand or be of service to others. With a true heart of gold, Jaime brings kindness, reliability, and quiet strength to our alumni community.

He faces life's difficulties with grace and patience, continuing to move forward no matter what comes his way. Along the journey, he lifts others up offering support, encouragement, and a steady presence that makes a lasting impact.

Jaime embodies the spirit of fellowship, and we are proud to have him as part of our Alumni Ambassador program.

If you haven't connected with Jaime yet, be sure to introduce yourself at our next Tuesday meeting or Alumni Event - you'll be glad you did.



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