

QUARTERLY NEWSLETTER

Recovery Happens Sacramento

This September, members of our alumni community joined hundreds of others at Sacramento's annual Recovery Happens event at the State Capitol. The day was filled with connection, hope, and a powerful reminder that recovery is alive and thriving in our community.

Events like Recovery Happens give us the opportunity to share our stories, support one another, and show those who are still struggling that lasting recovery is possible. Whether you attended the walk, visited booths, volunteered, or simply stopped by to connect with friends, thank you for representing the spirit of recovery so well.

Every person who shows up helps reduce stigma and reminds others that recovery is worth celebrating. We are grateful for everyone who participated and helped make this year's event meaningful.



Spooky Speaker Jam and Costume Contest - October 30

Get ready for one of our favorite events of the year. Our annual Spooky Speaker Jam returns on October 30th for an evening of fellowship, inspiration, and Halloween fun. Doors open at 6pm and the meeting begins at 6:30. More details are available on the app!

Join us as we hear powerful recovery stories from alumni Haley B. and Bryant J. while enjoying snacks, laughter, and community. We encourage everyone to come dressed in costume and participate in our costume contest. Whether your costume is funny, creative, spooky, or completely unexpected, we can't wait to see what you come up with.



Everyone in costume will be entered by raffle ticket into a drawing to win a prize so start planning now. Bring a friend, bring your recovery spirit, and help us make this year's Spooky Speaker Jam a memorable one.

Friendsgiving Celebration Coming in November



The holiday season is a wonderful time to reflect on the people who have supported us throughout our recovery journey. This November, we invite you to join us for our annual Friendsgiving celebration!

Friendsgiving is an opportunity for alumni, staff, and loved ones to gather around good food and good company. Recovery teaches us that

connection is one of our greatest strengths, and this event is all about celebrating the relationships that help us grow.

Whether you're attending your first alumni event or you've been part of the community for years, we hope you'll join us as we share gratitude, laughter, and fellowship together. Bring your favorite holiday dish to share!

Help Brighten the Holidays for Clients in Treatment

As the holidays approach, we are beginning our annual collection of Christmas cards and gift donations for clients who will be spending Christmas in treatment.

For many individuals, being in treatment during the holidays can be difficult. A simple card, thoughtful gift, or encouraging message can remind someone that they are not alone and that people are rooting for their recovery.

We invite our alumni community to help spread hope this season by donating small gifts, personal care items, and most importantly, handwritten Christmas cards! These Christmas cards from alumni bring tears to clients eyes every year. Your contribution helps make the holidays a little brighter for someone taking courageous steps toward a new life.

We will also appreciate donations of ornament making supplies and gingerbread house kits!

Save the Dates:

- White Elephant Party December 12th and Holiday Speaker Jam December 22nd

Mark your calendars!

Our annual White Elephant Party on the 12th of December is an evening of delicious desserts and a white elephant gift exchange. It is the perfect time for some levity and support to make it through the rest of the holiday season.



Our Holiday Speaker Jam is on the 22nd of December . Join us for an evening of recovery, fellowship, and inspiration as alumni share their experience, strength, and hope. We look forward to celebrating recovery with you throughout the holiday season.

A Message from Your Alumni Coordinator

The holidays can be one of the most meaningful times of the year, but they can also bring stress, grief, family challenges, financial pressure, and changes in routine. Recovery does not require a perfect holiday season. It simply asks us to stay connected, stay honest, and continue practicing the tools that have brought us this far.

As we move through the coming months, I encourage you to prioritize your recovery the same way you would any important commitment. Attend meetings, reach out to supportive people, maintain healthy boundaries, and give yourself permission to step away from situations that do not support your well-being. Remember that saying no can be an act of self-care.

The holidays are also a wonderful opportunity to focus on gratitude and service. Sometimes the best way to get out of our own heads is to show up for someone else. Whether that means attending an alumni event, writing a Christmas card for a client in treatment, volunteering, or simply checking in on a friend, small acts of connection can make a tremendous difference.

Most importantly, remember that you do not have to navigate the season alone. **Our alumni community is here for you.** Reach out, stay connected, and allow others to support you just as you have supported them. Recovery is strongest when we walk together.



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.

Fair Oaks
Recovery Center

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

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