JANUARY 2018

MESSAGE from our Alumni Relations Team

Alumni friend,

Happy New Year from Sierra Tucson's Alumni Relations team! In recovery, we discover that happiness is an inside job, and that every New Year can be filled with joy no matter our circumstances. Alumni Relations is grateful for our alumni community. Each individual who comes to Sierra Tucson is a Miracle, and we have the unique opportunity to walk shoulder-to-shoulder with our Miracles on their lifelong journey of recovery. What a gift!

This year, Alumni Relations is focused on connecting our world of Miracles in both traditional and non-traditional ways. No matter where you are located on the map, we



Courtney Martinez, Tim McLeod, and Alison Broderick

want you to feel a true sense of community. From personal phone calls, to loogorkshops and events to support groups both in person and online, our mission is to unite our tribe of Resident and Family Member Alumni.

> The story of your life is not your life; it's your story. John Barth

This time of year can be isolating for many of us. Something about the colder weather, the seemingly lifeless landscapes, the post-holiday blues, the shorter days...it can be overwhelming. Thankfully, we have been given the gift of treatment and recovery; today we have a 'toolbox' that helps us endure those not-so-pleasant moments.

The best remedy for a lonely heart is service work. When we help others who are struggling, we help ourselves too. If you have a friend or a loved one who is hurting, remember there is power in your story. By sharing your healing journey with him or her, you allow Light and Hope to penetrate through darkness. There is no greater act of love and service than sitting with another human being and sharing openly and

honestly. The words "me too" are powerful, comforting, and life-changing. Just imagine how many lives we can touch by giving back what has been given us! It's astounding, really.

Friend, go forth and be the Light you want to see in the world. And know in the deepest part of your soul that

Warmly,

Tim McLeod, Courtney Martinez, and Alison Broderick

Sierra Tucson Alumni Relations supports you.

*If you or a loved one is suffering from addiction, trauma, chronic pain, mood and anxiety disorders, or cooccurring conditions, please call our Admissions Coordinators at 800-842-4487.



SAVE THE DATES

March 7 - Tucson Alumni Workshop

March 21 - Seattle Alumni Workshop

April 14 - Phoenix Alumni Workshop

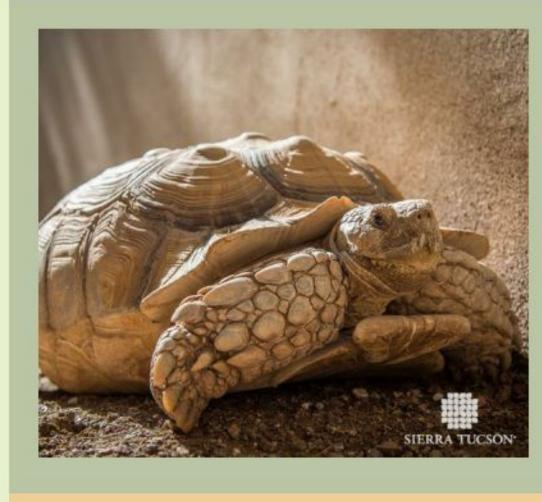
May 5 - Alumni Spring Renewal

October 11-14 - Sierra Tucson Alumni Retreat (S.T.A.R. 31)

SERENITY NOW

Do you find yourself reminiscing on your time at Sierra Tucson, wishing you could go back? Head over to the Sierra Tucson Serenity Camat any time during your day and let the Santa Catalina Mountains bringou peace and comfort. The breathtaking view is a great reminder totake some deep breaths andpause. We are here for you.





<u>support</u> Scottsdale, AZ

ALUMNI GROUPS

Chicago, IL

continuing care Phoenix, AZ

Tucson, AZ Los Angeles, CA Newport Beach, CA Atlanta, GA New York, NY Dallas, TX Seattle, WA

to each of you We celebrate with HUGE applause these

CONGRATULATIONS

January 2018 birthdays:

Ten Years Matt K. - Stamford, CT

Karen S. - Solana Beach, CA

Mark C. - Tampa, FL Thirty Years Ben H. - Lilburn, GA

Twenty-Two Years

Thirty-Two Years Mindy E. - Detroit, MI

 First Name First Letter of Last Name City and State

If you are celebrating a year or more of sobrietabstinence, clean time, pain-free time, etcin the month of

- Sierra Tucson is ALL about Celebrating the Miracles!

How Many Years You Are Celebrating

February, please send an email to Alison Broderick that includes:

ALUMNI RELATIONS TEAM

Central Region (913) 269-1323 Tim.McLeod@SierraTucson.com

Tim McLeod

Alumni Relations Manager







Stay Connected





