MESSAGE from our Alumni Coordinator Dear Alumni friend,

Every year around this time, I am like a kid at Christmas. The Sierra Tucson Alumni Retreat (S.T.A.R. 30) is less than a month away and I am already feeling giddy. This year marks the 30th anniversary of our Retreat - THIRTY years! That's incredible. If you have already signed up, we can't wait to see you. If you are thinking about joining us, please do! Take the weekend to nurture your recovery and connect with other resident and family member alumni. I promise, you will experience the Miracle all over again. September is an important month for us at Sierra

Mental Health Services Administration (SAMHSA)

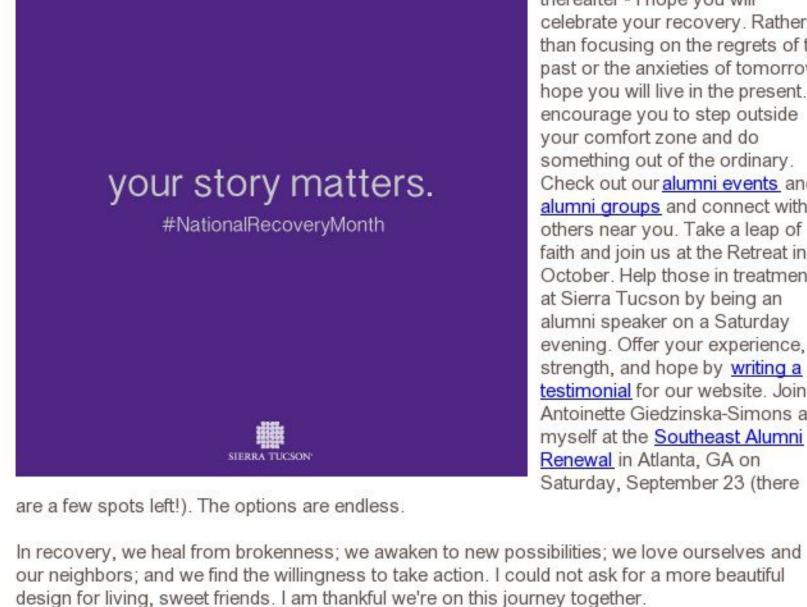
Tucson. Since 1989, the Substance Abuse and

deemed September National Recovery Month to increase awareness and celebrate the successes of those in recovery. Indeed, recovery is something to be celebrated! We have been reborn - the old has gone, the new has come. I started thinking about recovery and what it means to me personally. Today I have hope.

Even on my darkest days, I know there is always a solution. In the midst of adversity, I know I am never alone. When life gets heavy and seemingly unbearable, I know that a drink is never the answer. What a change! Each of us can attest to the remarkable transformation that takes place when we live life just one day at a time.



This month - and every month thereafter - I hope you will celebrate your recovery. Rather

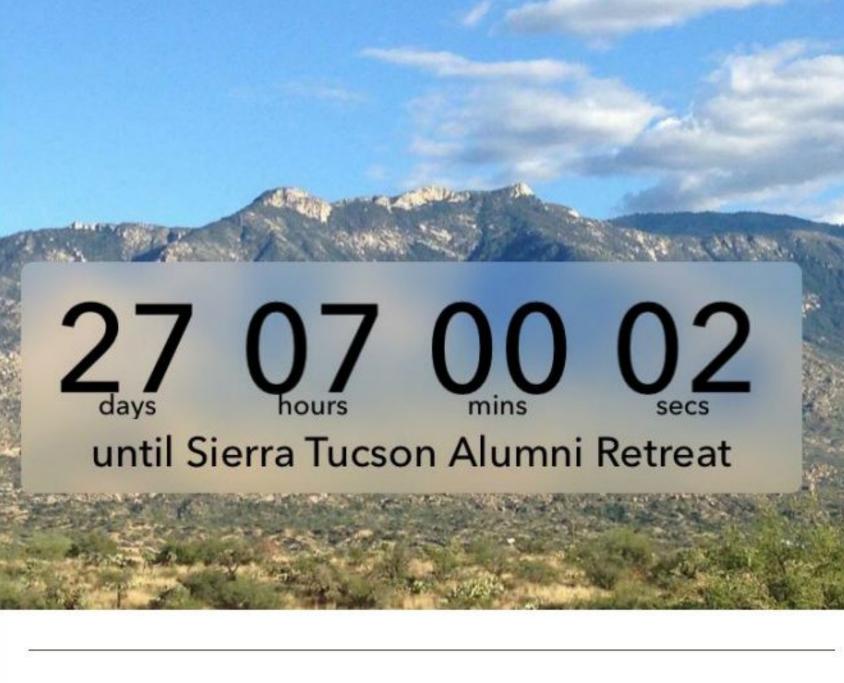


than focusing on the regrets of the past or the anxieties of tomorrow, I hope you will live in the present. I encourage you to step outside your comfort zone and do something out of the ordinary. Check out our alumni events and alumni groups and connect with others near you. Take a leap of faith and join us at the Retreat in October. Help those in treatment at Sierra Tucson by being an alumni speaker on a Saturday evening. Offer your experience, strength, and hope by writing a testimonial for our website. Join Dr. Antoinette Giedzinska-Simons and myself at the Southeast Alumni Renewal in Atlanta, GA on Saturday, September 23 (there

Let your Light shine bright, Alison Broderick Alumni Coordinator

THE COUNTDOWN IS ON

Book your roomby September 27, 2017!



members are welcome to attend. SIGN UP NOW!

Saturday, September 23! Friends and family

SOUTHEAST ALUMNI RENEWAL:

Resident and Family Member Alumni, join us for

our Southeast Alumni Renewal in Atlanta, GA on

A FEW SPOTS LEFT!

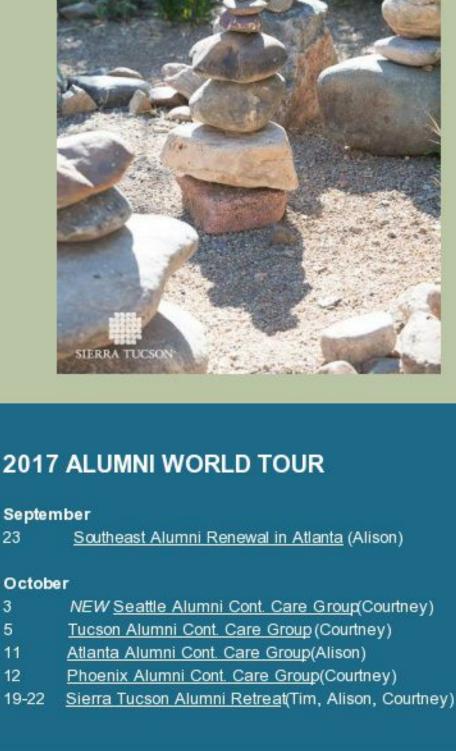


Southeast Alumni Renewal

"Conquering Stress: A stress management seminar for recovery warriors"

Saturday, September 23, 2017

Atlanta, GA



Tucson, AZ (NEW!) Los Angeles, CA San Diego, CA Newport Beach, CA

Phoenix, AZ

Denver, CO Atlanta, GA New York, NY Austin, TX

Dallas, TX Seattle, WA (NEW!)

CONGRATULATIONS

23

3

5

11

12

Five Years Katy E. - Phoenix, AZ

> Sara D. - Phoenix, AZ Steve L. - Tucson, AZ Ten Years Kelle C. - San Francisco, CA

to each of you

Welcome with HUGE applause these

One Year Kimberly L. - Flint, MI Paul R. - Tucson, AZ

Two Years Jarrett J. - Houston, TX Jessica W. - Philadelphia, PA

> Seven Years Garrett B. - Reno, NV

> > Nine Years

Eighteen Years Tim M. - Overland Park, KS

Twenty-Four Years James L. Y. - Cave Creek, AZ

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc. in the

September 2017 birthdays:

Find us on Facebook Join morethan 600 alumni and receive support, plus up-to-date information about upcoming events and groups. Send a message to

First Letter of Last Name How Many Years You Are Celebrating DID YOU KNOW? We have a private alumni Facebook page!

month of October, please send an email to Alison Broderick that includes:

First Name

City and State

Sierra Tucson is ALL about Celebrating the Miracles!

ALUMNI RELATIONS TEAM

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Alison Broderick Alumni Coordinator

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https://www.facebook.com/tim.mcleod.33and let him know you are an alum who would like to

be added to our secret group.





Stay Connected