



Valley Hope
ADDICTION TREATMENT AND RECOVERY

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

//// Coretta Scott King

CONNECTING IN COMMUNITY

This Spring, we hope you will join us at a Valley Hope Alumni Event.

Come out for Renewal Day, your local Alumni Chapter Meeting, or join us for sober fun out in the community.

Community is key to your recovery journey, and your Valley Hope Community provides lifelong recovery support for alumni and their families.

Challenge yourself this season to attend at least one Alumni Event.

It will be worth your time, and you just might see some old friends and support others looking to build a strong recovery community.

We hope to see you soon!



» SUCCESS STORIES

I'm free from the obsession with alcohol and drugs. I have grown strong friendships and a fellowship with people I attended residential and outpatient with and met outside in meetings. Life is truly amazing, and I'm grateful for the opportunity to reflect on myself and change the course of my life.

//// Jorden, ALUMNUS





**BUILD YOUR RECOVERY
COMMUNITY!**

RECENT EVENTS:



RENEWAL DAYS!

**THIRD FRIDAY
OF EVERY MONTH:**

/// March 15

/// April 19

/// May 26

CONNECT WITH US!

EVENT SCHEDULES:

VALLEYHOPE.ORG/EVENTS

THRIVING IN SOBRIETY

The Power of Community Connection



Prolonged isolation poses a significant threat to the mental and physical health of any person, particularly for those of us in recovery. In treatment, we learn that building and maintaining a recovery community is key to preventing relapse and strengthening sobriety.

Navigating your recovery path alone is not an option, and there are countless options to engage in peer connections and support. Beyond helping you maintain your sobriety; community connections can also be instrumental in fostering personal growth.

Whether it's attending 12 Step meetings, participating in sober social events like those Valley Hope offers, or checking in with your sponsor or sober buddy, the presence of a supportive community provides structure and encouragement to stay on track.

Beyond, providing support and accountability, recovery communities offer opportunities for sharing experiences, insights, and resources. You will gain valuable tools and strategies for navigating challenges from your peers. Surround yourself with a community that celebrates sobriety as a lifestyle choice rather than a limitation.

How are you connecting with your sober community? Take inventory of your recovery support network and think about how you can enhance and expand it. The Valley Hope team is here to support you, connect you, and help you develop your recovery community.

Join us for Renewal Days, attend one of our Alumni Events, discover all of the free support resources available to you — explore your options at ValleyHope.org.

Reach out, connect with others, and embrace the power of community in your recovery journey. You don't have to walk this path alone.



Voices of Hope

ALUMNI RECOVERY STORIES

Explore Voices of Hope and Access Recovery Resources at ValleyHope.org/Recovery.



When is your sobriety birthday? October 15, 2017

What was your biggest takeaway from treatment that has informed your recovery journey? That power of forgiveness....to myself AND others. My past doesn't define me. Holding onto resentment keeps me in the "victim" mindset. I choose today to not drink or use. I keep my spiritual life in tact and I do the next right thing.....one day at a time!

What is life like today in recovery? It's not always easy, sometimes I have to take it minute by minute. But I know what to do. And I don't have to turn to a substance! I have my family, that support and love me! I have a God that has opened doors for me that never would've been possible while I was in my addiction. I know how to live life sober!

What piece of advice would you share with others seeking recovery? Your recovery is contingent upon your spiritual maintenance! Just do the next right thing! When you hear people read from the book, or have a these quoted to share with you, listen! Really listen to the words! Hang onto someone that has many years of sobriety. Keep them by your side. Do what they do! And you have to learn to let things go! You may lose some friends, you may have family that won't talk to you for a while. As long as you've tried to make your amends, then you just have to move on! Life goes on! It's not going to stop! We only have today. So live it, one day at a time!



BUILDING HOPE

HUG A BEAR was the catalyst to help patients, then and now.

In the late fall of 1968, Valley Hope’s first mass appeal was launched as “HUG A BEAR Drive.” Today, we continue to conduct our largest appeal in late fall. The name was changed, but the goal to raise funds to help patients has remained the same.

Today, the GIFT OF RECOVERY Drive is Valley Hope’s premiere fundraising drive feeding our patient scholarship funds and essential funds. Thanks much in part to our matching pool donors, we achieved a new year-end drive fundraising record to help patients. The drive ended January 31, and the results are in!

GIFT OF RECOVERY Drive - Notable Numbers

417 donations /// Dollars raised \$413,201 /// Communities = 230 /// States = 22
327 gifts below \$500 /// 73 gifts \$500-\$5000 /// 17 gifts over \$5,000

We would like to make a small donation in memory of our father. After only being at Valley Hope for a short-time, insurance decided Dad was doing too well and stopped paying for his treatment. Our father was committed to completing the program and decided to stay. With the help of scholarship funds, dad was able to stay. Valley Hope will forever hold a special place in our hearts. We can’t thank you enough for helping give us our father back. He was able to be a part of our children’s lives for 5 ½ years before passing away from cancer. - Ashley and family

Thank you for the generous gift (partial scholarship). It will not go to waste. The second chance at a fresh start is something I could never thank you enough for. I have gained much knowledge and many recovery tools. I am much more equipped to deal with life on life’s terms. Thank you. - Minnie

My husband and I just celebrated our 17th year of sobriety in December, by the grace of God and Valley Hope. Thank you for getting us on the right track. We also just celebrated our 50th wedding anniversary! - Mr. and Mrs. B

I am sending \$200 to use where most needed. I gave my children the option of a gift or \$100 to a charity of their choice. Our daughter chose Valley Hope; growing up in a drinking family, she knew Valley Hope was responsible for keeping our family together. Our loved one recently celebrated 29 years of sobriety. I will always be grateful to Valley Hope. - Patricia
With gratitude for your support,

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CONNECT