



## RecoveryWerks! Mission

Provide recovery support services, in a safe and nurturing environment.

Partner with community organizations to facilitate access to resources and develop a strong community support network to enhance recovery success.

Identify support gaps and develop resources to improve recovery support services for those in need.

Educate the public about substance use disorder, the consequences of untreated addiction, and the various pathways of recovery.

Advocate for the needs of the underserved communities at the local and state level.



## RecoveryWerks! Beliefs:

Recovery works when there is a belief in a Higher Power.

Recovery works when physical, mental and spiritual issues are addressed as a whole.

Recovery works when clients are empowered to break the cycle of addiction and dependency through the 12 steps.

Recovery works in fellowship when clients feel safe and have access to education, counseling, sponsorship, and support groups.

## Helping The Whole Family Find Healing

Substance Use Disorder affects the entire family. Some parents may feel they suffer more than their teen who is using. Some teens may feel they have it worse because their parents' reactions are "out of control". The reality is, the disease affects the whole family system--even siblings who are not using drugs and/or alcohol.

The article "Coping with Fear, Anger and Other Negative Emotions" written by The Partnership for Drug-Free Kids describes the powerful emotions a parent might feel when their teen is actively using. "Whether it's **fear** of what might happen next, **shame** associated with the stigma of substance use, **resentment** that this is happening to your family, **guilt** that perhaps you could have done something differently as a parent or **grief** over lost opportunities that you wanted for your child".

The article goes on to explain that "constant negative emotions can also get in the way of happiness, compound our level of stress and worry and ultimately damage our own health. Some people will experience physical ailments such as stomach upsets, migraine headaches and insomnia, while others suffer depressed immune systems resulting in frequent colds and flu." We, at RecoveryWerks!, know that it's not just parents who feel these emotions and physical symptoms. Siblings, whether older or younger, can experience them as well.

**As of Jan 2, 2019**, RecoveryWerks! offers weekly meetings for non-using siblings ages 9-17. These meetings provide a safe space for siblings to learn, grow and heal from this family disease. Meetings are held on Wednesday evenings. Call (210) 830-2585/2456 to sign up or for more information.



**Thanks to YOU,  
we raised  
\$12,250 and  
surpassed our  
End of Year goal!**

## Meeting Schedule

### Teens (up to 18):

#### Monday & Wednesday

7-8pm @ 273 E. Mill Street  
New Braunfels

#### Tuesday

7-8pm @ 539 East Adams St  
Pleasanton

### Young Adults (18+):

#### Monday

7-8pm @ 273 E. Mill Street  
New Braunfels

#### Wednesday

7-8pm @ 145 Landa Street  
New Braunfels

### Family Members (18+):

#### Monday & Wednesday

7-8pm @ 273 E. Mill Street  
New Braunfels

#### Tuesday

7-8pm @ 539 East Adams St  
Pleasanton

### New Gens (Family members between 9-17) \*Must have a family member participating in the program

#### Wednesday

7-8pm @ 145 Landa Street  
New Braunfels

*These services are available at no cost to clients because of generous donors and support from community partners.*

**Thank you!!**



## Educational Workshop: "The Best of Recovery"

This 4-week educational workshop begins Saturday, February 2, 2019 and runs each Saturday in February from 11am–12:30pm. Topics include: The Disease, Family Roles, Boundaries, and Tools of Recovery. Please join us!

## Reflecting on 2018

RecoveryWerks! grew by leaps and bounds in 2018 as we saw our client base increase 105%! Thanks to community grants, donations, and partnerships we were able to meet that growth.

The blessing of operational funding came through grants from **The McKenna Foundation, GVTC, The Kronkosky Charitable Foundation, The Baptist Health Foundation, and generous donors.** These funds allowed us to provide counseling, coaching, and activities at no cost to our clients while covering salaries, rent, utilities, marketing, supplies, equipment, and everything else that keeps our doors open.

Thanks to the generosity of **The Meadows Foundation and United Way of Comal County** we were able to hire three full-time peer recovery coaches which allowed us to increase one-on-one appointments, sober social activities, meetings for young adults, and add a separate weekly meeting for non-using siblings which started on Jan 2, 2019. As we began to outgrow our current location, **River City Advocacy & Counseling Center**, graciously allowed us to move two of our Wednesday evening meetings to their location (see Meeting Schedule at left).

## Meet Our Peer Recovery Staff



**Melissa Delgado**



**Renea Saldivar**



**Romelia Switzer**

## Stay connected with RecoveryWerks!

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For more resources or to make a donation on line please visit

[www.recoverywerks.org](http://www.recoverywerks.org)

273 E. Mill St, New Braunfels TX 78130