



RecoveryWerks!

Changing the world through recovery one **underserved** community at a time

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.



Our 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.

Building Community

By Debi Dickensheets
Executive Director, RecoveryWerks!

RecoveryWerks! 2nd Annual Craft Fair & Silent Auction was a great success and we are so thankful to our community! From the crafters who sold their wares, to the visitors who came to support them and make purchases, to the local businesses who generously donated to our silent auction...each of you were an important part of the day! We earned over \$2,000 for programs which help young people and families in our community recover from the effects of substance abuse.



RecoveryWerks! Meeting Schedule

Teen Meetings:

Monday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels
Tuesday: 7-8 pm, **2nd Baptist Church**, 539 East Adams, Pleasanton
Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Young Adult Meeting:

Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Family Meetings:

Monday: 7-8 pm, **The RecoveryWerks!**, 273 E Mill St., New Braunfels
Tuesday: 7-8 pm, **2nd Baptist Church**, 539 East Adams, Pleasanton
Wednesday: 7-8 pm, **RecoveryWerks!**, 273 E Mill St., New Braunfels

Individual counseling available by appointment. Call (830) 310-2585 to schedule.

Family Matters

By Joanne Daxon
Program Director, RecoveryWerks!

How many times have I started the year off by making a resolution that I will not eat in between meals or maybe at least not anything unhealthy? Then change it to nothing from Sonic or McDonalds? Or think, "This year I'm going to exercise daily or at least four times a week. If not, then I'll go for a walk sometime during the week." Or, I make a resolution about my relationships with people, like "I'm going to be more patient, give people the benefit of the doubt more often or I'll try not to fight or yell." Instead of New Year's resolutions, this year it will be "Progress Not Perfection" for



"The first step towards getting somewhere is to decide that you are not going to stay where you are."

Author Unknown



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Family Matters (Continued)

me. I am making a Realistic Recovery Plan for myself. One I can start with and work upward. Recovery is about overcoming the disease of body, mind and spirit. It's called recovery for a reason. I am not who I used to be, right now. I was hurt, wounded. And now I am gaining strength, healing and becoming a better me.

A good recovery plan can start with HALT (Am I Hungry, Angry, Lonely or Tired?) Next, am I growing in these area:

- (1) Body: Eat meals (3 regular or more small meals), sleep the hours I need, get up and get dressed.
- (2) Mind: Find a book to read, learn a new skill, game, song, poem, etc., attend a class.
- (3) Spirit: Go to meetings (meet people), work the steps and share with a sponsor (grow in relationships with God, myself and others), suit up and show up.

I can adjust my Recovery Plan to where I am in recovery, not comparing myself to others, just making my own progress. This year something will improve, hopefully it will be me.



We're counting down the days to March 22nd and the Big Give. We need your help to make our campaign a success. Join us on Facebook at RecoveryWerks! and help us spread the word.

Stay connected!

Like RecoveryWerks! on Facebook and visit our website for more resources at www.recoverywerks.org

