



RecoveryWerks!

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

Our Mission:

RecoveryWerks! provides proven recovery support services in a safe and nurturing environment for teens and families in rural communities affected by substance use. We educate, partner with local agencies, and advocate for strong community support systems to reduce the stigma of addiction and increase recovery success.



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.

We've Moved!

Open House

Light Lunch is Provided

RECOVERYWERKS!

Tour our facility—Meet our staff & volunteers—Learn more about this Community Resource



August 7, 2019

11:00AM - 1:00PM

618 Comal Ave, B-1

New Braunfels, TX 78130

(830) 310-2456

Thank You

***The Harvey E. Najim Charitable Foundation
For Choosing to Support Our Teens & Families!***



THE NAJIM CHARITABLE FOUNDATION

The word "Charitable" truly describes the nature of this foundation and our commitment to making a difference in the lives of children and those in need in San Antonio and surrounding areas.

Meeting Schedule

Teens (up to 18):

Monday & Wednesday
7-8pm @ 618 Comal Avenue B1
New Braunfels

Tuesday

7-8pm @ 1010 Zanderson Ave.
Jourdanton

Young Adults (18+):

Monday & Wednesday
7-8pm @ 618 Comal Avenue B1
New Braunfels

Family Members (18+):

Monday & Wednesday
7-8pm @ 618 Comal Avenue B1
New Braunfels
Tuesday
7-8pm @ 1010 Zanderson Ave.
Jourdanton

**New Gens (Family members
between 9-17)** *Must have a family
member participating in the
program
Wednesday
7-8pm @ 618 Comal Avenue B1
New Braunfels

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

Thank you!!



FAMILY MATTERS: It's About Getting Help – PART 2

By Joanne Daxon, LCDC
Program Director, RecoveryWerks!

Holding our loved ones accountable for their actions is just as important as getting recovery help for their disease.

I often hear parents say, "My loved one is in a program and is struggling with the desire to quit or with staying sober." My response is "That's great! Going to meetings, counseling appointments, meeting with their sponsor, hanging out with sober friends and finding interests outside of the immediate family are exactly the things we hope to see." Teens will struggle with the decision to stay sober. It's in the struggle where growth occurs. Let them experience that struggle.

Here's an interesting question – what would you be doing if you weren't focused on your loved ones' recovery? If you can answer that question, I recommend you go do it. Do what you were meant to do. If you can't answer this question, it's a great time to find a sponsor and start working the Steps. Start looking at your own life and your own recovery. Part of that recovery is taking care of yourself and holding boundaries. Do I know my own boundaries? If not, then that's a good place to start. My boundaries are there to protect me and consequently hold my loved one accountable.

Some basic boundaries of keeping my home safe and sober are: No drugs or alcohol allowed in my home, no coming home high or intoxicated, no friends who are high or intoxicated in my home and maybe no coming in after 10:00PM on weekdays. After exploring your boundaries, establish the consequences that will help you feel safe. Some examples could be: I will throw any drugs or alcohol I find in my home away or I will not allow you to stay here or I will lock the doors at 10:00 PM and leave a pillow and blanket on the porch. You can get creative. Get with your sponsor or counselor to discuss appropriate consequences. Remember it's not to punish your loved one but to make your home safe. Your loved one has a disease and you can't "out parent" a disease.

Lastly remember your loved one needs "over" involvement with sobriety at the beginning of their recovery. They are changing their lifestyle – people, places and things. Give them room to grow. Give yourself room to grow. You all deserve it.

Stay connected with RecoveryWerks!

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For more resources or to make a donation online please visit www.recoverywerks.org.

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(830) 310-2456 or (830) 310-2585