



# 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.

## Dec 2<sup>nd</sup>: Schedule of Events

9:00am Doors Open  
Breakfast available  
Pictures with Santa  
Silent Auction Begins

10:30am Cake & Flower Walk  
Santa returns to the North Pole

11:30pm Finalize Bids for Silent Auction  
Lunch available

12:00pm Silent Auction  
Winners announced  
Shopping, Music, and eating continue til 2pm



## RecoveryWerks! Meeting Schedule

### Teens Only:

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

### Families Only:

Monday: 7-8 pm, **The RecoveryWerks!**, 273 E Mill St., New Braunfels  
Tuesday: 7-8 pm, **2<sup>nd</sup> 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 – Coping with the Holidays

By Joanne Daxon, LCDC and RecoveryWerks! Program Director

Most people experience holiday joy but we can all go through rough times when the joy just isn't there. And to make things more difficult it can be unexpected and misunderstood. This is exactly the time to take care of ourselves. WebMD Medical Reference offers some tips for coping with Christmas stress and depression.

1. Keep your expectations modest. Don't get hung up on what the Christmas holidays are supposed to be like and how you're supposed to feel. If you're comparing your festivities to some abstract greeting card ideal, they'll always come up short.

## Serenity Prayer

God, grant me the Serenity  
to accept the things I cannot change.  
The courage to change the things I can,  
and the wisdom to know the difference.

Living one day at a time,  
enjoying one moment at a time;  
Accepting hardship as a pathway to peace;  
Taking, as Jesus did, this sinful world as it is,  
Not as I would have it;  
Trusting that You will make all things right  
if I surrender to Your will;

So that I may be reasonably happy in this life  
and supremely  
happy with You forever in the next.

AMEN

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Reinhold Niebuhr



## 2<sup>nd</sup> Annual RecoveryWerks! Craft Show

**Saturday, December 2**  
9am – 2pm  
273 E Mill St  
New Braunfels, TX



### Thank you donors!!

Las Palapas  
Little Caesar's Pizza  
Underground Pizza  
Stanley Black and  
Decker  
Snake Farm & Animal  
Zoo  
McKenna Children's  
Museum  
Sam's Club  
Cindy Maier  
Alex Stelly  
Gold's Gym  
Allen Benjamin  
Salon & Spa  
McAdoo's

## FAMILY MATTERS – Coping with the Holidays (Cont.)

2. Do something different. This year, does the prospect of the usual routine fill you with Christmas dread rather than joy? If so, don't surrender to it. Try something different. Have Christmas dinner at a restaurant. Spend the day at the cinema, or ask your family to donate the money to a charity instead of exchanging presents.
3. Lean on your support system. If you've been depressed, you need a network of close friends and family to turn to when things get tough. During Christmas, take time to get together with your support network regularly -- or at least keep in touch by phone to keep yourself centered.
4. Don't assume the worst. Don't start the Christmas season anticipating disaster. If you try to take the festivities as they come and limit your expectations -- both good and bad -- you may enjoy them more.
5. Forget the unimportant stuff. Don't run yourself ragged just to live up to Christmas tradition. So what if you don't get the lights on the roof this year? Give yourself a break. Worrying about such trivial stuff will not add to your festive spirit.
6. Volunteer You may feel stressed and booked up already, but consider taking time to help people who have less than you by volunteering somewhere.
7. Avoid problems Think about what people or situations trigger your stress and figure out ways to avoid them. If seeing your uncle stresses you out, skip his New Year's party and just stop by for a quick hello on New Year's Day. Instead of staying in your bleak, childhood bedroom at your stepfather's house, book into a nearby hotel. You really have more control than you think.
8. Ask for help - but be specific See if your spouse will dig out the decorations. Ask your sister to help you cook - or host the Christmas dinner itself. Invite a friend along on shopping trips. People may be more willing to help out than you expect; they just need some guidance from you on what to do.
9. Don't worry about things beyond your control. So your uncle and your dad get into an argument at every Christmas dinner and it makes you miserable. Remember your limits: you can't control them, but you can control your own reaction.
10. Make new family traditions. People often feel compelled to keep family Christmas traditions alive long past the point that anyone's actually enjoying them. Don't keep them going for their own sake. Start a new tradition instead. Create one that's more meaningful to you personally.
11. Find positive ways to remember loved ones Christmas may remind you of the loved ones who aren't around anymore. Instead of just feeling glum, do something active to celebrate their memory like going out to a favorite restaurant.
12. Exercise, eat sensible, don't rely on Christmas spirits (or other substances). If you take medication, don't miss doses, if you see a therapist, consider having extra sessions, and give yourself a break and find something you enjoy.

## Stay connected!

Like RecoveryWerks! on Facebook and visit our website for more resources at

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

