



# 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.

*All donations to RecoveryWerks! are tax deductible and have a huge impact in bringing recovery to teens and families in our community.*

*Visit our website for online giving or for more info.*

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

*Thank you!*

## Change Yourself to Change Your Life

Chris Viveiros

Have you ever set a New Year's resolution? Have you ever kept it for the entire year? Probably not. According to a recent article by Inc.com contributor Marcel Schwantes, 91% of people will not accomplish their New Year's Resolution. I encourage you this year not to make a resolution but instead commit to cultivating a recovery mindset.

Resolutions so often fail because they are focused on some external change (to make more money, to lose weight, etc.) To change our lives, we must go deeper than changing the behaviors that other people see. We must change the values that drive those behaviors in the first place. If we want to make more money, we need to look at our attitude towards work and the amount of time and effort we are willing to put into it. We need to evaluate our relationship with food and exercise to lose weight.

Regardless of the resolution to change our lives, we must go beyond what we want to stop and review the values that lead us to make the choices we currently produce.

In recovery, everyone must come to the point where they ask themselves if they truly value a recovery mindset over their habits and hang-ups. Our actions reflect our values.



**Thank you for your generosity we were able to raise \$11,255 in our End of Year Giving Campaign!!**

**We were especially touched by the donation and note left in our mailbox anonymously that said:**

“Just accept this donation and know that your community sees what you're doing and supports you. Thank you!”

**You all help us make an impact.**



**We are so thankful to the Kronkosky Charitable Foundation for their continued support of our mission**



## Meeting Schedule

### Teens (up to 18):

#### **Monday & Wednesday**

7-8pm in person only  
@ 790 Landa Street, New Braunfels  
**Thursday** 7-8pm in person only  
@ 1781E Ammann Rd, Bulverde

### Young Adults (18+):

#### **Monday & Wednesday**

7-8pm in person only  
@ 790 Landa Street, New Braunfels  
**Thursday**  
7-8pm in person only @ 1781E  
Ammann Rd, Bulverde

### Family Members

#### **(18+): Monday &**

#### **Wednesday 7-8pm in**

person\*  
@ 790 Landa Street, New Braunfels  
\*Call for Zoom option

#### **Thursday**

7-8pm in person only  
@ 1747 E Ammann Rd, Bulverde

### New Gens (Family members

**between 9-17)** \*Must have a family  
member participating in the  
program

#### **Monday**

7-8pm in person only  
@ 790 Landa Street, New Braunfels

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



Baptist Health Foundation  
of San Antonio



United Way  
of Comal County



In recovery, everyone must come to the point where they ask themselves if they truly value a recovery mindset over their habits and hang-ups. Our actions reflect our values.

There are two ways we can change our values. One, we can change our values to change our actions. Two, we change our efforts and allow them to rewrite our values. The first option sounds great. I decide I want to make more money, so more money comes my way. The world does not work that way. Our values change as our actions change. That is why recovery is a program of action.

If we want to be a person who values recovery this year, we will do recovery things. If you need help deciding where to begin, look to the five foundational recovery actions below. They will build a robust action plan toward the values we desire.

- Go to a meeting
- Get a sponsor (or call your sponsor if you have one)
- Work a step
- Read recovery literature
- Surround yourself with recovery-minded people

According to Jimmy Stewart, "The secret to a happy life is to accept change gracefully ." We need to work for changes in ourselves gradually. Slowly - then suddenly that is how we will access the happiness and freedom that recovery promises.

## Save the Date

April 14<sup>th</sup>, 2023  
11:00 – 1:30



**Lunch Gala with Darryl Strawberry**

**We're excited to thank  
New Braunfels Jaycees  
for funding the development of our  
Zen Garden**



**NEW BRAUNFELS  
JAYCEES**

## Stay Connected!



**Like RecoveryWerks! on Facebook and Instagram.**

For more resources visit [www.recoverywerks.org](http://www.recoverywerks.org)

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