



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.

A donation to RecoveryWerks! has a huge impact towards bringing recovery to teens and families in our community. Please click on or enter the link below to give today. Thank you!

<http://www.recoverywerks.org/give-now.html>

Schedule of Events

10:00 AM Doors Open
**Cake Walk & games throughout the day*
11:00am-Noon Visit with the Snow Sisters
**Raffle drawing every half hour*
Noon-1:00PM Santa Claus comes to town!
2:00 PM Fun and Final Purchases
 Doors Close



It's been a year!



**5th Annual
Holiday
Craft Fair**

Get out...stay local...stay safe. Have fun! Bring the family!

Saturday, November 21, 2020

10:00 am - 2:00 pm

McKenna Event Center

801 W. San Antonio St., New Braunfels TX

Shop Local - Handmade Crafts - One-of-a-Kind Finds
 Unique Gifts - Games & Prizes - Holiday Decor
 Meet Santa and Special Character Appearances

Fun For the Whole Family!!

Keeping everyone safe is our highest priority!
 • Masks required for everyone over 10 yrs old
 • 6ft Social Distancing Protocols in effect

Family Matters Coping with the Holidays

Joanne Daxon, LCDC

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. Here are some tips from the help of experts 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.
2. Do something different. This year, things will likely look different so maybe it's time to embrace trying something different. Have Christmas dinner on the patio at a restaurant or invite guests to join you online. Take a drive to the park 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 connect with your support network regularly – keeping in touch by phone or online to keep yourself centered.

Meeting Schedule

**For information on how to access these meetings or reserve a spot, please visit our website or call (830) 310-2585.*

Teens (up to 18):

Monday & Wednesday

7-8pm via Zoom

7-8pm in person*

@ 618 Comal Avenue B1, New Braunfels

***reservation required**

Thursday

7-8pm in person only

@ 1747 E Ammann Rd, Bulverde

Young Adults (18+):

Monday & Wednesday

7-8pm via Zoom

7-8pm in person*

@ 618 Comal Avenue B1, New Braunfels

***reservation required**

Thursday

7-8pm in person only

@ 1747 E Ammann Rd, Bulverde

Family Members (18+):

Monday & Wednesday

7-8pm via Zoom

7-8pm in person*

@ 618 Comal Avenue B1, New Braunfels

***reservation required**

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*

Tuesday

6-7pm in person only

@ 618 Comal Avenue B1, New Braunfels

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



Coping with the Holidays, cont.

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 about your needs. See if your spouse will dig out the decorations. Take advantage of curbside shopping. Ask a family member to help you cook. These days, people are looking for ways to help out; they just may need some guidance from you on what to do.
9. Don't worry about things beyond your control. So, your family members 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 getting take out from a favorite restaurant and having a picnic.
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 with RecoveryWerks!

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

618 Comal Avenue B1, New Braunfels TX 78130

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