



Supporting Individuals and Families through Recovery

The Path

Discovery to Recovery

Volume 1, Issue 1

July 2011

Special points of interest:

- **Recovery Month Planning session July 15**
- **Re-Awakening Celebration set for July 30**
- **Recovery Support Groups are open to community members**

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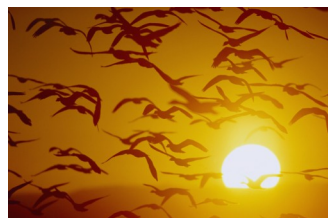
Re-Awakening: Celebrating the Gift of Recovery

Remember those early days of recovery, the days of vulnerability when “Just for Today,” and “One Day at a Time” often turned into “One Minute at a Time.” Each day of recovery meant so much because it was such a struggle to get through. What a gift recovery was for ourselves and those around us.

With each week, month, and year of recovery the vulnerability lessens and day to day living as a “recovering person” becomes easier.

After awhile, it can be easy to take our recovery for granted and to neglect the very basic recovery activities that we

once recognized as vital to our long-term peace and serenity. After all , daily life is often hectic, if not overwhelming, especially when it involves



The Quarterly Re-Awakening is a day of celebration for all individuals and families in recovery from addiction.

raising a family, work, school, church, and community activities.

Maintaining recovery takes vigilance and careful nurturing. It also takes

celebration; taking time to remember why our recovery is a gift that deserves our constant attention.

The *ReAwakening Day* is a time to celebrate, rejuvenate and remember that our Recovery is the Foundation of our lives, making everything else possible.

JOIN US!

Saturday, July 30, 2011

9AM-2PM

Pathfinder Recovery Center

1809 South Ohio

Salina, Kansas

See Enclosed Flyer!

Start Your Day Off Right:

Morning Meditation Open to the Recovering Community

It started off as Donuts – N - Don, a once a week morning meditation period involving patients of CKF’s residential treatment program. The response was so positive that the groups facilitator, Don Greene decided in May to offer a daily meditation period that is open to any member of the community who is interested in starting their day

off on a positive, recovery oriented note.

Don is a recovery coach at the Pathfinder Center working with individual’s and their families on a daily basis to support their recovery efforts. In his own experience he has found it to be helpful to take a few minutes each day to visualize a fresh new day in recovery.

The morning meditation group meets at 8:15 am Monday-Fridays in the Pathfinder Center Lounge. Join the Pathfinder staff and other recovering community members one morning a week or every morning, whatever suits your schedule. These few moments of meditation and fellowship can bring a measure of comfort and serenity to the rest of the day.

4th Of July:

Enjoy the Holiday Sober



The Fourth of July is one of those holidays that for many is about getting together with family and friends to enjoy a leisure filled day. It also is quite often a holiday associated with drinking.

It can be a struggle for the newly recovering person to deal with the drinking traditions of the family and friends. Often the environment is one in which alcohol is not just available

but rather drinking is the norm. This may feel like punishment to the newly recovering person that they are having to give up drinking.

Because of the uncomfortable feelings surrounding these events, the Fourth of July holiday can be a vulnerable time for relapse.

It may be difficult to imagine but many people do

celebrate the holiday without drugs or alcohol and have a great time doing so. With some planning and open discussions with the people who are closest to us it is possible to start some new traditions.

Whatever the holiday may bring, It is always important to develop a plan ahead of time to reduce triggers and the chance for relapse.



Don and Eddie next to crashed car that was on display during April's Alcohol Awareness Month to highlight the consequences of driving drunk.

The Path:
Discovery
to Recovery

Women in Recovery:

Ladies Luncheon offers chance to connect

Recovery happens through connection with others, not in isolation. Under normal circumstances women often have difficulty making connections with other women for a variety of reasons. Yet, when women let down their guard and allow themselves to connect with other women the bonds can be incredible.

Recovery comes through sharing experiences, strengths and hopes. Who better to learn from than someone who understands the unique challenges that a woman faces in recovery.

Each Wednesday at Noon the Pathfinder Recovery Center hosts a Ladies Luncheon, open to all

women in recovery. The luncheon offers an opportunity for women from all backgrounds to share in the common bond of recovery.

Lunch is provided. To make a reservation for the next luncheon contact Wendee at the Pathfinder Center at (785)825-6224.

The Pathfinder Advisory Committee:

Supporting the Pathfinder Vision & Mission



Earlier this year the Pathfinder Recovery Center invited a group of individuals from the various recovering communities in and around the Salina area to form an Ad-

visory Committee. The Committee is tasked with advising the staff of the Pathfinder about the needs of recovering individuals and families in the communities and the best ways to reach those in need.

The committee meets the

second Tuesday of each month at 5:45 pm.

Anyone interested in serving on the Pathfinder Advisory Committee can contact Whitney at the Pathfinder Center at (785)825-6224.

Pathfinder Recovery Center:

Available to Assist Individuals and Their Families

The Pathfinder Recovery Center is NOT a treatment program. Staffed by individuals who have experienced recovery first hand, the center offers drop in services as well as scheduled programs. Participants may be in treatment services, or involved in 12-Step programs, but are not required to be enrolled in or attending these programs to receive services through the Pathfinder.

Pathfinder Center Values:

1. There are many pathways to recovery; there is no wrong door for entering into recovery.
2. Recovering persons have the authority over their own recovery through choice.
3. Recovery is holistic, influenced by the mind, body & spirit.
4. Recovery is unique to each person and is impacted by cultural beliefs and traditions.
5. Persons often gain hope of recovery from others who share similar experiences
6. Recovery involves building or rebuilding a life within the community; which may include education, work, family, church, and housing.
7. Recovery must be supported within the community across the lifespan.

Gratitude

“When you are Grateful, fear disappears and abundance appears”

Recovery Skills Groups


Focusing on the Four Recovery Zones

Long-term recovery from addiction, including improving the health, wellness and quality of life for the individual and their family is a goal of recovery-oriented systems of care. Individuals and family members have an opportunity to participate in Recovery Skills

Groups offered through the Pathfinder Center to help strengthen their recovery efforts. Recovery skills groups are open to the recovering community. Each session addresses a different skill area such as financial planning, fitness, and employment skills. Participants

can attend any or all sessions that interest them, at no charge. The sessions are presented by Pathfinder Staff and community experts. For more information about the Recovery Skills groups contact the Center at (785)825-6224.

JULY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 	5	6	7	8	9
10	11	12 Pathfinder Advisory Committee	13	14	15 Recovery Month Planning Session	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 REAWAKENING Day Event at Jerry Ivey Park
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The Pathfinder Recovery
Center

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Empowering Individuals and Families in Their
Journey from Discovery to Recovery



The Three C's—Company, Conversation, & Coffee:

The Pathfinder Center is always open!

Whether newly in recovery and needing a safe place to hang out for a few hours during the day, or in recovery for many years, the Pathfinder Recovery Center is a place to find company and conversation over a cup of coffee. The coffee is always on at the Pathfinder and usually there are some sweets treats as well.

Since the Pathfinder opened in September 2010, many people at different stages of recovery have walked through the doors seeking help to stop using or help to maintain their recovery through a hard time. There is always a recovery coach available to sit down and listen. However, we'd

like to encourage others in recovery who have some extra time to come and be available to listen and share their experiences with others in need to drop-in.

Everyone in recovery is welcome at the Pathfinder Center, including family members who need some extra support. Come hang out and enjoy a few minutes or a few hours of fellowship.



If you are interested in becoming a formal Recovery Coach training is required. For more information about the training and requirements please contact Don at the Pathfinder Center at (785) 825-6224.

Pathfinder Recovery
Center

Hours of Operation

Open 7AM-9PM

Monday-Friday

1PM-9PM

Saturday