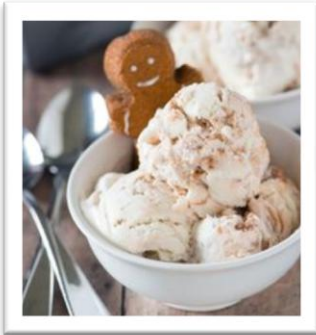


ARC Alumni Newsletter December 2016

The ARC Alumni (Est. February 2013) was created to help each other stay clean and sober through group activities, fundraising events, residential/post residential assistance, introductions to 12 step programs and general support for our Brothers and Sisters!

Here's the Scoop: Ice Cream Socials

All Alumni are welcome to take part in ARC community nights/Ice cream socials at the residential building on the 4th Sunday of each month.



This serves as a great opportunity to give clients more info. about alumni goals and sober connections once they are done with inpatient.

Please join us for fun and fellowship with ARC clients!



Alumni Sobriety Birthdays

Ryan Gairson – 12/14/2004

Nancy Brophy – 12/15/2008

Amy Lamensdorf – 12/15/2015

Happy Birthday to you!



Alumni Q & A

Q: What advice would you give to new comers who may have a hard time during the holidays?

A: "Don't isolate, hit meetings, use the phone list." – Pat W.

A: "Start making new memories and holiday traditions. Don't get stuck in the, "traditional" holiday story!" – Sarah K.

A: "Spend as much time [as you can] with the people who support you in your recovery. Write, and get to meetings and AA functions." – Amy L.



Upcoming Events

ARC Community Night/ Ice Cream Social

December 25th 7 – 8PM

1003 W. Main Street

Connect with us online! Join the [ARC Alumni Group](#) on Facebook for more alumni news and opportunities.