

The RECOVER Project

The RECOVER Project is a community-driven program that aims to enhance the lives of people in recovery from alcohol and drug addiction.

We provide peer based recovery supports, people already in recovery, are helping the next person along — based on the principal that great competence and wisdom reside in those with lived experience.

Volunteers are central to the work that we do. Volunteers are involved in all of our programs, working on a wide range of projects and activities. We depend on volunteers to lead support groups, plan events, publish our newsletter and to serve as ambassadors to the community. Anyone is welcome to apply to volunteer, including families, concerned others, and professionals.



WHAT does RECOVER Project offer?

- Peer Coaching
- Volunteer Opportunities
- Recovery Month Celebrations
- Family Resource Advocate
- Daily Peer Led Activities
- Free Workshops
- Newsletter
- Resource Library
- Resource Computers & Training
- Leadership Training
- Art Group
- Yoga and Reiki
- Alcohol/Drug-Free Dances and Open Mic Nights
- Wilderness Hikes

...and whatever YOU may suggest next!



WHO belongs to our recovery community in the Franklin County and Athol area?

Alcoholics and addicts, their family members and concerned others; recovering lawyers & recovering ex-cons, teachers & students, writers & readers, poets & truck drivers, - truck driving poets, mowers of lawns, movers of boxes, healers of body, healers of spirit, computer whizzes, computer what'ses, PhDs & want-to-get-my-GEDs, mothers, fathers, singles, couples, gay, straight, grandmas, teens, babies, (You get the idea.)

HOW can you get involved?

Call to learn more, or just stop by! (Our space is convenient to the bus stop in downtown Greenfield.) Come to an event, attend a workshop, or offer to give one! Read the newsletter. Help write it! Talk to a volunteer. Become one!

Yes, you CAN do it sober!



Why the community supports



Addiction is *costly*.

- Mass is in the top 5% of states with the highest alcohol and drug use rates.
 - Alcohol and drug users are increasingly receiving treatment in more expensive arenas (e.g. hospital emergency rooms, inpatient hospital stays)
- * DPH/BSAS Strategic Plan 2005

Recovery is *priceless*.

- The numbers of people positively affected by a recovered individual are: countless. Some of the world's most valuable scientists, lawmakers, teachers, writers, artists and spiritual leaders are individuals who have recovered from substance dependence.

"Many of us have carried a message of hope on a one-to-one basis; this new recovery movement calls upon us to carry that message of hope to whole communities and the whole culture."

William White

Slaying the Dragon: The History of Addiction Treatment and Recovery in America



The RECOVER Project is a program of *The Consortium* funded by Massachusetts Department of Public Health Bureau of Substance Abuse Services
Prevent • Treat • Recover → For Life

Learn more at

www.recoverproject.org

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The RECOVER Project is a community open to all concerned with alcohol and drug addiction.

We exist to foster recovery and empower individuals, families, and the communities of Franklin County and Athol.

www.recoverproject.org