

## **AUGUST NEWSLETTER**

# **Overdose Awareness Day**

August 31 is International Overdose Awareness. This day is a day, I honestly wish we did not have. We have lost many to this disease and unfortunately, will lose many more. On this day we will acknowledge those we lost, honor their memory and pray for their families who miss them every day. The sad part is no one must die; addiction DOES NOT have to be fatal. We CAN AND DO RECOVER. If you or anyone you know is struggling, please have them reach out to me. My number is (803) 480-3707. Help is available. You will not have to walk this road alone!!

Tara C., Alumni Coordinator



























"Recovery is the opportunity of lifetime that has been gifted to me (multiple times). It's a process of finding yourself, figuring out who you really are, who you want to be and what you want from this beautiful life! Recovery is facing our inner fears and our perpetual pain... no matter how difficult or uncomfortable it is. Recovery is also about strength, beauty, courage and happiness. When you bury those demons that constantly haunt you, it is amazing what life will send your way. It will bring you UP ... instead of pulling you DOWN. One day, you realize that you can smile again! The possibilities are endless. It is up to you to put the heart, nerve and courage into believing in yourself. NEVER give up. Remind yourself that you have climbed mountains, overcome obstacles, fought when you did not feel like it, healed when is hurt, pulled yourself out of that rock bottom... that means you are still here and breathing. YOU got yourself there."



### Tripp has only been with us a short time but has already made a huge impact and

**Employee of the Month** 

Tripp Joyner is our Employee of the month.

contribution to Waypoint. We are very thankful to have Tripp as part of our team. He not only makes sure everything is working at Waypoint but Tripp also makes time for our residents. Congratulations Tripp!!! **Waypoint Alumni Reunion** 



# **Zoom Meeting**

Tuesday @ 7pm On Zoom!



or You Connect w do you practice self-care and what impact I try to start my day with 30 mins of "quiet time"

dicate 30 minutes a day to being "unplu m my devices and reading a book. It help uce distractions and focus on myself.

We're all in this together

Join fellow alumni & staff on the Waypoint Recovery Center app today!

> Alumni stay connected with other alumni and staff through the Cared for App.