

# Giving Today Builds Hope for Tomorrow!

Dear Friend of the ROC,

Thank you for your continued support of the ministry of the ROC Recovery Center.

Through your prayerful support and your generous financial contributions, we can reach hundreds of families in our community that may be suffering with a loved one's addiction. Our partners play a vital role in providing the opportunities for men, women, and youth to seek addiction recovery services for their hurts, hang-ups, and habits.

Three of the projects that your contribution helps support are the Celebrate Recovery (Christ-Centered 12 Step Program) on Thursday Nights and our daily Peer Based Delivered Services.

**The Ministry of Celebrate Recovery** aims to provide support for all forms of addiction & compulsives behaviors, emotional hurts, and hang-ups. The purpose of "Celebrate Recovery" is to fellowship and celebrate God's healing power in our lives through a Biblical 12 Steps approach. We open the door by sharing our experiences, strengths, and hope with one another through fellowship and music. By working and applying these Biblical principles, we begin to grow spiritually. In Celebrate Recovery we experience God's transformative power doing for us what we never could do for ourselves. We find freedom, peace, serenity, joy, and most importantly, a stronger personal relationship with God and others.



**Recovery Support Group:** Every Thursday Mornings the ROC offers to our community a recovery support group. This group provides those in recovery an opportunity to obtain an addiction recovery education to support and improve decision making skills, management of cravings (triggers), and to practice healthy coping strategies.

**Peer Based Delivered Services:** A Peer Support Specialist (Recovery Coach) brings the lived experience of recovery, combined with training and supervision, to assist others in initiating and maintaining recovery, helping to enhance the quality of personal and family life in long-term recovery. Peer recovery coaches walk side by side with individuals seeking recovery from substance use disorders. They help people to create their own recovery plans and develop their own recovery pathways. Recovery coaches provide many diverse types of support, including.

- ◆ Emotional (empathy and concern)
- ◆ Informational (connections to referrals to community resources that support health and wellness)
- ◆ Instrumental (concrete supports such as housing or employment)
- ◆ Affiliation support (connections to recovery community support, activities, and events)

We will continue to build these and other programs, expanding them to reach more neighborhoods, schools, community groups and churches with the goal of helping hundreds or more families in our community live sustainable long term recovery lifestyles.

Thank you again for your support and commitment to our vision of "Restoring Our Community" (ROC) - we could not do God's work with you!

Sincerely,  
Douglas Gould  
Executive Director

\*\*\*\*\*

(Please detach this portion and return it with your charitable giving documentation.)

**WE DESPERATELY NEED YOUR HELP!** Today I am asking for your prayerful and financial support so we can continue bringing hope to those that feel hopeless and love to those that feel unloved. Together we have a solution to bring healing and freedom to others. Would you consider becoming a monthly donor or perhaps sponsoring our upcoming Strong & Courageous Recovery Festival. Thank you again for your support!

- \_\_\_\_\_ I am becoming a "\$1 a Day" ROC Team Member with a recurring monthly gift of \$30.
- \_\_\_\_\_ I am "lifting" my recurring monthly gift to \$ \_\_\_\_\_
- \_\_\_\_\_ I am donating online at [www.rocrecoverycenter.org](http://www.rocrecoverycenter.org)
- \_\_\_\_\_ I am providing tuition of \$ 450.00 for a students Peer Support Training Certification.

Thank you so much for your support!

Make checks payable to ROC Recovery Center and mail to: ROC Recovery Center, P.O. Box 1133, Medford, OR 97501-Contributions are tax-deductible and are under the control and administration of the ROC. Tax I.D.# 83-2588884 / Phone: 541-200-3000.

# Recovery Support Group

at ROC Recovery Center

305 S. Fir Street / Medford, OR 97501 / 541-200-3000 / Time: 10am to 11am



## GUIDING LIGHT

RECOVERY SUPPORT GROUPS GIVES PARTICIPANTS OPPORTUNITY TO:

- ◆ Increase self awareness and socialization
- ◆ Receive education to increase knowledge, normalize treatment issues, and motivate towards positive changes
- ◆ Practice coping strategies in safe, real-world environment
- ◆ Improved decision making skills
- ◆ Master skills and learn new skills to replace maladaptive coping strategies
- ◆ Observe healthy behavior modeling
- ◆ Evidence-Based Curriculum
- ◆ Learn Healthy interpersonal boundaries
- ◆ Learn productive ways to manage triggers and symptoms
- ◆ Receive support from peers for increase growth and development

GROUP SESSIONS WILL FOCUS ON

- Copings Skills
- Anxiety & Depression Education
- Stress management
- Communication & assertiveness
- Cognitive coping & processing
- Relaxations Skills
- Recreation Therapy
- Self Awareness & Socialization
- Problem Solving
- Anger Management

**ROC**  
Recovery Center  
"Building New Life Upon the ROC"  
541-200-3000

## RISE Parent, Spouse, Family Member Support Group! Informational Dinner Workshop

### "Breaking the Chains of Addiction"

When: Monday October 14th / Time: 5:30pm to 7:30pm  
Where: ROC Recovery Center / 305 S. Fir Street / Medford, OR

Make plans now to attend our next "Upon this Rock" Informational Dinner Workshop as we "Kick Off" once again our **RISE Family Member Support Group** beginning on Monday Night October 14th at the ROC. We will begin this season by taking a closer look at how we can provide support at "breaking the chains of addiction." This workshop will provide crucial information that will allow you to see firsthand what "stage" of change your loved one may currently be in and how through effective communication move your loved one deeper in their recovery journey.

If you or someone you know has a loved one caught in the grip of addiction, then we encourage you not to miss this incredible night together. **Seats are limited. Please RSVP by calling the ROC Recovery Center at 541-200-3000.**

**"They collapse and fall, but we RISE UP and stand firm." Psalms 20:8**

«CITY», «STATE», «ZIP»

«ADDRESS»

«or current resident»

«FIRST NAME» «LAST NAME»

Non-Profit Org.  
 U.S. Postage Paid  
 Medford, OR  
 Permit #213

ROC RECOVERY CENTER  
 305 SOUTH FIR STREET  
 MEDFORD, OR 97501