

THE LINK

The Monthly Newsletter of Minnesota Recovery Connection



MINNESOTA
RECOVERY
CONNECTION

connect. recover. advocate. serve.

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WHAT'S HAPPENING AT MRC

Minnesota Department of Human Services has extended funding for MRC for another full year! We are now "fully funded" by DHS through June of 2013.

GREAT NEWS!



Stay tuned for upcoming info about our new **Text4Recovery** campaign. You will be able to sign up to receive weekly recovery themed text messages from MRC!

Events, Workshops, and Trainings at MRC!

There's so much going on at MRC as we work to connect and strengthen the recovery community. Listed here are just a few things you'll want to know about.

Celebrating Families Returns in 2012!

A Program of Recovery for Parents and Children Impacted by Alcohol and/or Drug Dependence

January 30–April 30
6:00-8:30 pm

This 14-week family recovery program begins January 30, 2012 and will take place every Monday evening from 6:00-8:30 pm through April 30. For more information, or to register for this program, please contact **Ken Roberts** at 651-366-7730 or kenr@transitions.pro



Visit www.minnesotarecovery.org to download the Celebrating Families Flyer.

December 2011

UPCOMING EVENTS

TRS Volunteer Training
January 5 & January 12

Celebrating Families 2012
January 30–April 30

View full events calendar at
www.minnesotarecovery.org



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SUPPORT OUR WORK

Ways to Give

There are many ways to support the work of MRC. Become a volunteer, make a financial donation, share your ideas with us, or help us build our list of recovery resources by sending us the names of organizations and services in Minnesota that support individuals, families, and communities seeking recovery.

Yours in Service,

Nell Hurley
Executive Director
Minnesota Recovery Connection

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651-233-2080, ext. 20

WHAT'S HAPPENING AT MRC (continued)

Volunteer Training: Telephone Recovery Support

January 5, 2012 & January 12, 2012 (Two consecutive Thursday evenings)

6:00 - 9:00 pm, MRC, 253 State Street, St. Paul, MN 55107

Attendance at both sessions required to complete the training

What is Telephone Recovery Support?

MRC's Telephone Recovery Support program is a peer-to-peer recovery support program that allows recovering people a way to give back, strengthen their own recovery, and support others who are seeking recovery. Through this program, trained MRC Volunteers call individuals seeking recovery who have requested this service to ask how their recovery is progressing and to connect them to the resources they need to achieve and maintain recovery.

What We Look for In Volunteers

- People who have who have been in recovery for approximately six months or longer
- People who want an opportunity to support others in their recovery
- People looking for a fun, flexible, supportive place to volunteer for about an hour a week

Visit www.minnesotarecovery.org to download the TRS Training Flyer.

Other Updates and Information

Position Available at MRC

**MRC is currently hiring a
Director of Development!**

Find out more at:

www.minnesotarecovery.org

Everyone loves a Survey!

Please take a moment to fill out a very brief survey about our newsletter. Wilder Research is conducting this survey of readers on behalf of MRC to improve our services.

Visit <https://wildersurveys.org/mrclink> to take the survey.

GET INVOLVED!

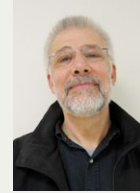
The MRC Advocacy Committee is made up of members of the recovery community who are interested in planning and executing ways to educate friends, neighbors, policy makers, and the media about the reality of long-term recovery from addiction to alcohol and other drugs.

The Advocacy Committee will begin meeting again in January 2012 and we will start the year off with a Capitol Lab on January 18th at 10am!

All are welcome! To RSVP for the Capitol Lab and for more information please contact **Julia Parnell** at 651-233-2080 ext. 22 or julia@minnesotarecovery.org



VOLUNTEER SPOTLIGHT



*MRC Volunteer
Bob Nordquist*

Bob says: "I became aware of MRC last year when I saw a flyer about a rally at the Capitol to "put a face on recovery.

I was intrigued.

At the rally I heard voices from a wider community than I usually see. There was a synergy. I recognized people I had spent time with in my recovery and many I had never met. It was a wider community visible to me for the first time. MRC had an info table with a lot of great info AND opportunities to get involved.

I went through the Telephone Recovery Support (TRS) training and have since had the experience of making calls weekly to a wide variety of people seeking recovery.

What an honor it has been to check in with those seeking to continue their recovery to support, encourage and challenge them as they grow. I value what MRC does and it is my joy to be a part of it. In my 26 years of recovery I have had opportunities to serve in many capacities; TRS has been a unique and rich experience for me personally and I hope for those I have come in contact with through MRC."

Thank you to all the MRC volunteers who have now collectively passed the 3,300-hour mark of service!

For information about becoming an MRC volunteer, please contact **Monique Bourgeois** at 651-233-2080, ext. 21 or monique@minnesotarecovery.org.