

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

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.

Recovery Yoga

All-levels Vinyasa Yoga Class

Every Tuesday at noon, MRC, 253 State Street, St. Paul, MN 55107

Donation-based.

Experience how yoga can assist your recovery from addiction and/or compulsive behavior through breath work, meditation, and physical postures.

Other Workshops, Trainings, and Events

Volunteer Training: Telephone Recovery Support

March 26-27

9 am-1 pm on Saturday and

1 pm-4 pm on Sunday

MRC, 253 State Street, St. Paul, MN 55107

Free!

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. You must have a minimum of six months of experience in recovery to be trained as a Telephone Recovery Support volunteer.

Registration required. For more information, or to register for this program, please contact Monique Bourgeois at 651-233-2080, ext. 21 or monique@minnesotarecovery.org.

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

February 28-June 20

6:30-9:00 pm

MRC, 253 State Street, St. Paul, MN 55107

Free!

This 16-week family recovery program begins February 28, 2011 and will take place every Monday evening from 6:30-9:00 pm through June 20. Participants must pre-register and must commit to all 16 weekly sessions. For more information, or to register for this program, contact Ken Roberts at 651-366-7730 or kenr@transitions.pro.

February 2011

UPCOMING EVENTS

Celebrating Families!

February 28-June 20

Volunteer Training:

Telephone Recovery Support

March 26 & 27

Volunteer Training:

Recovery Coach Academy

April 4-May 9

Bill W. and Dr. Bob

presented by the Illusion Theater
Pay-What-You-Can on Sundays
Feb. 4-Mar. 6

Recovery Speaker Series

March 17-Dr. Mic Hunter

April 14-Anetta Sutton

May 5-Roger Bruner

Recovery Works! Committee

Third Thursday of the Month

11:30 am-1 pm at Fresh Grounds

Everyone Welcome!

Advocacy Committee

Friday, February 18

1 pm at MRC

Everyone welcome!

Outreach Committee

Saturday, March 5

10 am at MRC

Everyone Welcome!

View full events calendar at

www.minnesotarecovery.org



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WHAT'S HAPPENING AT MRC (continued)

Other Workshops, Trainings, and Events

Volunteer Training:

Recovery Coach Academy

Mondays, April 4-May 9 (six sessions)

2:00-4:30 pm

MRC, 253 State Street, St. Paul, MN 55107

Scholarships Available

Recovery Coach Academy will provide you with the training, tools, and resources you need to become an effective Recovery Coach. You must have a minimum of two years of experience in recovery to be trained as an MRC Recovery Coach.

Registration required. For more information, or to register for this program, please contact Monique Bourgeois at 651-233-2080, ext. 21 or monique@minnesotarecovery.org.

Spring Recovery Speaker Series

Open to the entire recovery community, these *free* speaker events are presented by Minnesota Recovery Connection, Hazelden, and the Recovery Church.

Mic Hunter on "Spiritual Fitness"

Thursday, March 17, 7 pm

MRC, 253 State Street, St. Paul, MN 55107

Annetta Sutton on "Serenity in a World of Chaos"

Thursday, April 14, 7 pm

MRC, 253 State Street, St. Paul, MN 55107

Roger Bruner on "Spiritual Awakening"

Thursday, May 5, 7 pm

MRC, 253 State Street, St. Paul, MN 55107

GET INVOLVED!

Recovery Works! Committee

The **Recovery Works! Committee** is made up of members of the recovery community who are interested in planning the events and activities that will take place during National Recovery Month and throughout the year. These events gather the recovery community to promote the societal benefits of treatment for substance use disorders, celebrate people in recovery, and promote the message that recovery in all its forms is possible.

The Recovery Works! committee meets on the **third Thursday of each month from 11:30 am-1:00 pm at Fresh Grounds in St. Paul.**

If you are interested in getting involved or would like more information, please contact Julia Parnell at 651-233-2080, ext. 22 or julia@minnesotarecovery.org.

Advocacy Committee

The **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 meet on **Friday, February 18th at 1 pm at MRC.** All are welcome!

If you are interested in getting involved or would like more information, please contact Julia Parnell at 651-233-2080, ext. 22 or julia@minnesotarecovery.org.

Outreach Committee

The **Outreach Committee** is made up of members of the recovery community who are interested in educating other members of the recovery community about the value and role of Minnesota Recovery Connection.

The Outreach Committee meets on the **first Saturday of the month** at various locations. The March meeting will take place on **Saturday, March 5 at 10 am at MRC.**

If you are interested in getting involved or would like more information, please contact Nell Hurley at 651-233-2080, ext. 20 or nell@minnesotarecovery.org.

VOLUNTEER SPOTLIGHT

"Volunteering is ultimately about helping others and having a positive impact on people's lives.



Dan Snively

I have not found a better way to connect with the people in my community and give a little back. As a volunteer, I get the opportunity to return to society some of the benefits that society has given me.

Sometimes I get caught up in the "rat race" of life and volunteering has given me that escape from my everyday routine and helps to create a balance in my life. Volunteering brings together a diverse range of people from all backgrounds and walks of life. Both the recipients of my volunteering and my co-workers can be a rich source of inspiration and an excellent way to develop my interpersonal skills."

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

nell@minnesotarecovery.org

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