

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 Day on the Hill!

Rally at the State Capitol Rotunda

Thursday, March 31

11:00 a.m. - 1:00 p.m.

Please join us as we rally the recovery community to show Minnesota that recovery is possible! This is your chance to stand with other supporters of recovery, speak to your legislators, and help ensure that more people in Minnesota get the recovery support they need and deserve!



For more information, and assistance with scheduling a meeting with your legislator, please contact **Julia Parnell** at MRC at 651-233-2080 or julia@minnesotarecovery.org.

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.

March 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

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, March 18

1 pm at MRC

Everyone welcome!

Outreach Committee

Saturday, April 2

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

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

February 28-June 20, 8:30-9:30 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 6:00-8:30 pm through June 20. Celebrating Families registration is still open. For more information, or to register for this program, contact Ken Roberts at 651-366-7730 or kenr@transitions.pro.



Volunteer Training: Recovery Coach Academy

Mondays, April 4-May 9 (six sessions)
2:00-5:00 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!

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, March 18th at 1 pm at MRC.**

All are welcome, but please RSVP by contacting **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, April 2 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



MRC Volunteers at last week's volunteer dinner

Thank you to all the MRC volunteers who have now collectively passed to 700-hour mark of service! Many of us got together at last week's volunteer dinner and booster training where we celebrated our work, enjoyed great food and fellowship, and got some booster training and support from MRC trainers and partners. The MRC volunteers make a great community and we will be offering these volunteer dinners and booster trainings regularly.

The next volunteer dinner is **Thursday, April 7 at 6:30 pm.** For more information, please contact Monique Bourgeois at 651-233-2080, ext. 21 or monique@minnesotarecovery.org.

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
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