



CHAR HOPE
— FOUNDATION —
CHANGING LIVES FOREVER

Recovery Month Stories

September, 2020

Char Hope Alumni, Steph B.

“I am so grateful to be able to call myself a woman, daughter, and mother in long term recovery. I almost didn't make it here. The physical and emotional trauma I had experienced kept me from believing I even deserved help. I didn't think I was worth saving for a long time. Magically I was given the gift of desperation - I had everything I valued stripped from me except for my ability to draw breath, and I wasn't convinced I should even continue to do that anymore. It turns out that I wasn't completely ready to give up on life yet, and sought out a solution. That one spark of hope I carried wound up putting me on a path to Char Hope. After completing a 28 day treatment program, I wasn't convinced I'd be able to stay clean without more help and structure. That's where Char Hope came in. I was able to be in a place where I felt safe with other women in similar circumstances as my own. I had never had relationships with other women as close as I found through the program, and those friendships mean the world to me today, and help me stay free from addiction. I was able to face my trauma head on and work through it with a therapist in order to form healthy coping mechanisms instead of turning to substances to escape. Char Hope gave me a safe landing pad and guidance on how to live a happy life. I have been given another chance to be the person I always felt like I should be. My relationships with my children and family are better than ever, and I can show up for them today. I will be forever grateful for my Char Hope family (furry, feathered, and human)!”



RECOVERY WORKS!