



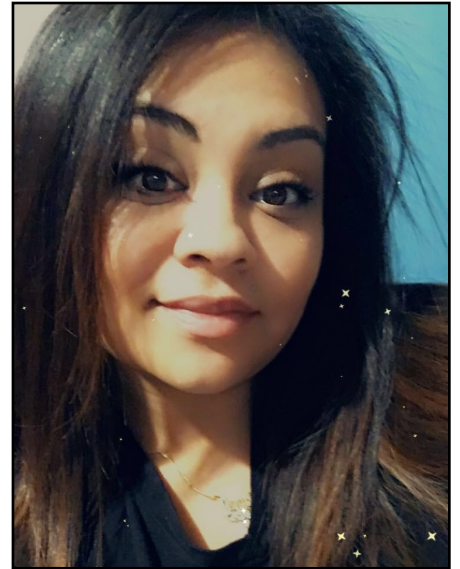
Recovery Month Stories

September, 2020

Char Hope Alumni, Lea B.

“During my active addiction I became unable to live life on life’s terms. I could barely look people in the eye and was constantly mumbling because I felt I had nothing of value to say. I did almost everything I said I would never do and had

lost myself completely. I was hurting everyone around me including myself. I was in and out of treatment centers and would go to recovery meetings occasionally. Toward the end I knew I wanted to be clean but I didn’t believe it was possible for me. While at my last treatment center I decided to go to a long term halfway house called Char Hope. During my stay there I gained a healthy routine, they kept me very busy. I had always been in and out of recovery meetings but never took any of



the simple suggestions which were requirements at this particular halfway house. The staff, residents, volunteers, and recovery community believed in me until I could start to believe in myself. I slowly gained confidence and found my integrity again. During my stay at Char Hope I started to become the woman I was meant to be. Char Hope made it possible for me to hold my hand out to others and show that recovery is possible and it works!!!

RECOVERY WORKS!