



Date:02/26/2024

Time: 10AM until 12PM

Location: 1750 West 103rd Street Chicago IL,60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

Community Topic: The importance of community in your Recovery

Process!

Guest Speaker: CEO/Founder of a non-profit Outreach Organization and PLE Jacqueline McClendon

What is Community: Community is defined as a group of people living in the same place or having a particular characteristic in common.

Why is community important: Community is a group of people who are like minded and share a story or lifestyle that helps shape and define who they are.

Why is community important for the Recovery Process:

- It plays a vital role in keeping likeminded individuals focused during the journey of healing and self-renewing process.
- It embodies support while going through the stages of change.
- Provides a lifeline when struggles or obstacles arise.
- Gives structure and guidance.
- Identify resources, what is needed and how to get your needs met.

What a healthy community looks like:

- One that will allow you to embrace who you are without judgment or prejudice.
- One that promotes change and growth.
- One that promotes motivation and positive speech and actions.
- One that is honest and tells you what you need to hear not what you want to hear.
- One that promotes healthy relationships.

How do you change your people, places, and things

- Start with self: Who are you and what do you desire to be.
- What does your circle of influence look like. How do you envision it to be.

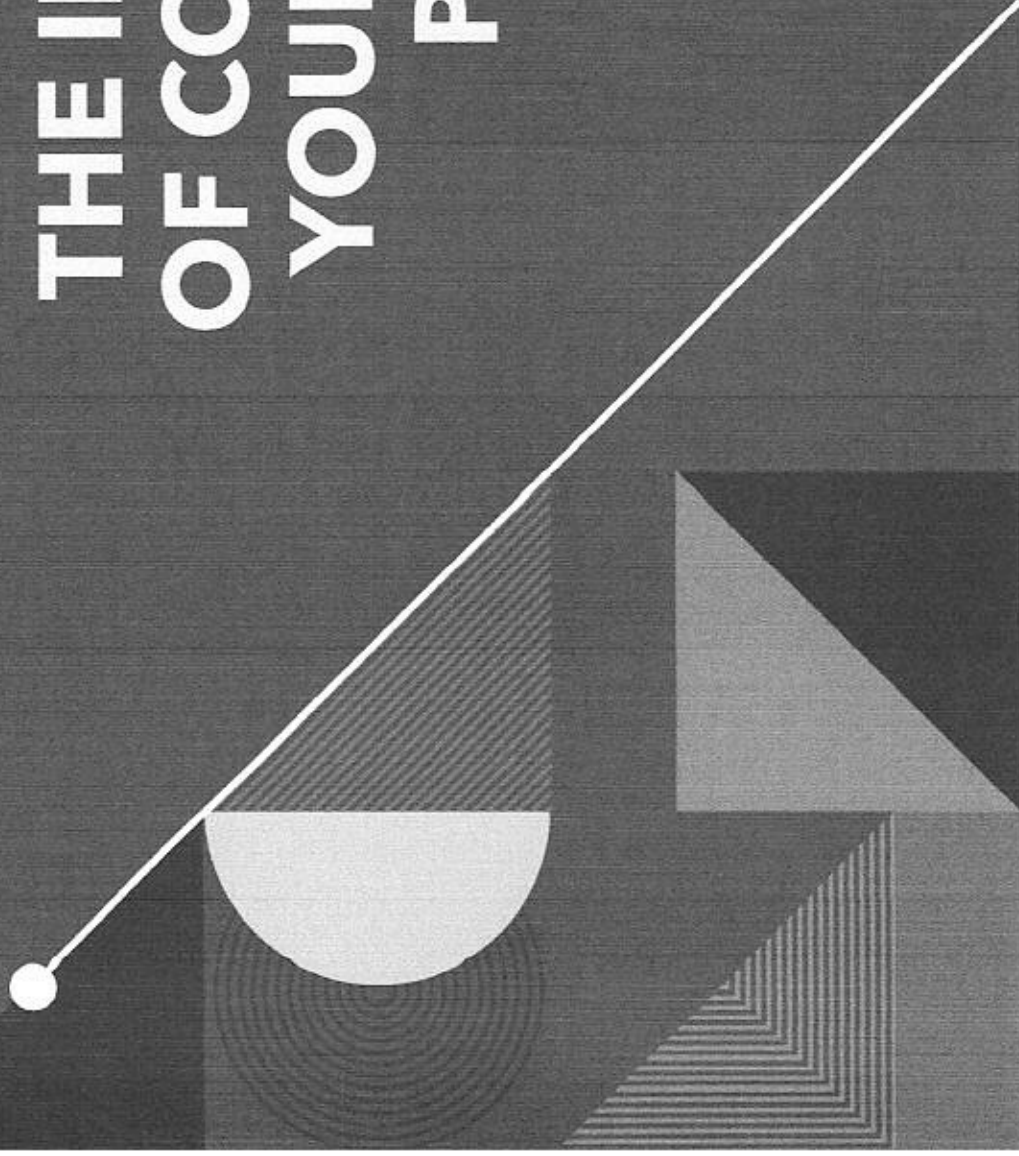
- Be honest with yourself and be patient. Understand it's not a race but a lifelong commitment.
- Create healthy balance and boundaries.
- Embrace and welcome change.

MY NAME IS JACQUELINE MCCLENDON

- Associate degree in Addiction Studies
- Bachelor's Degree in Applied Behavioral Science
- Currently in School to obtain my Master's Degree in Non-Profit Management and Leadership

- Certified Life Coach
- Certified Champlain Spiritual Advisor Mentor
- Recovery Coach
- Peer Support
- CEO/Founder of a non-profit Outreach Organization

THE IMPORTANCE OF COMMUNITY IN YOUR RECOVERY PROCESS

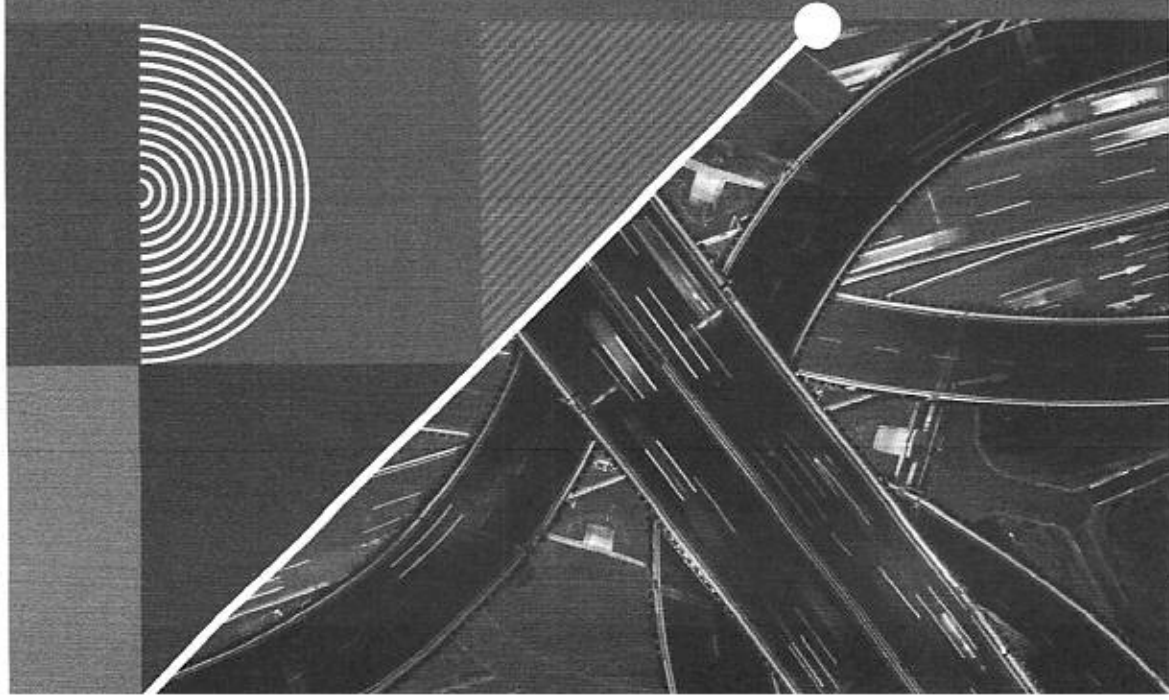


AGENDA

Introduction

- * Why Community is needed.
- * How to choose the right community.
- * Community Responsibility - Be compassionate, understanding, and non-judgmental.
- Your responsibility - Putting in the work and being completely honest
 - Strategies for your process

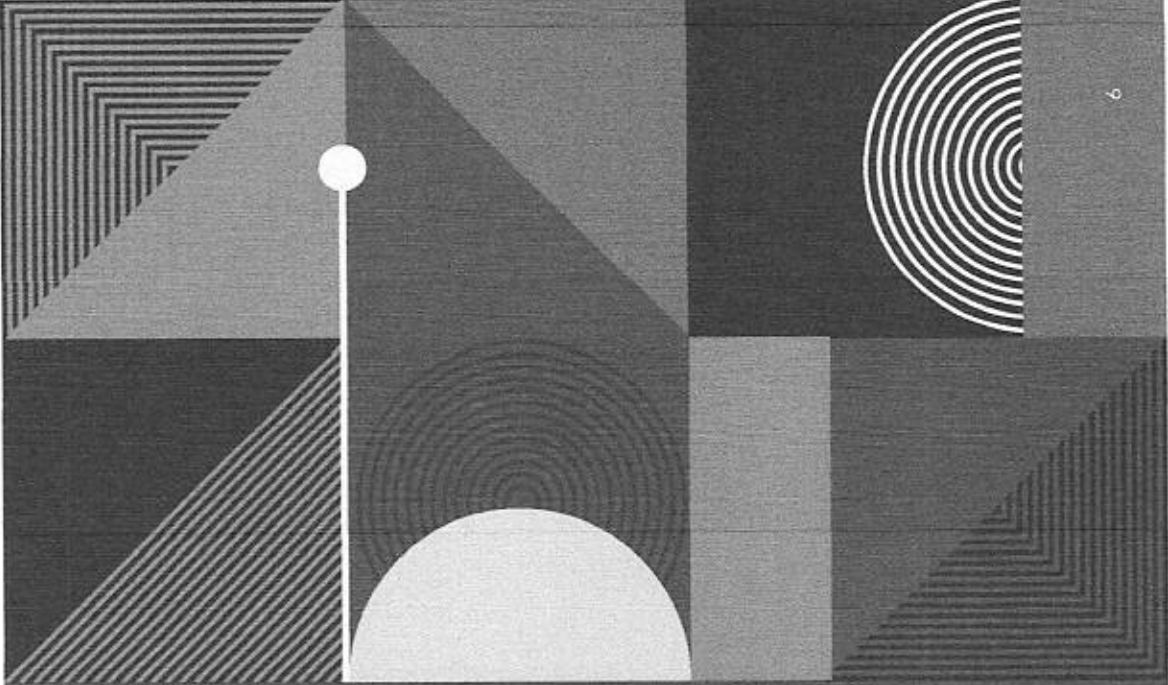
RECOVERY IS A PROCESS AND NOT A QUICK FIX



OVERCOMING NERVOUSNESS

Confidence-building strategies:

- * Willing to put forth an effort.
- * Share openly and be honest.
- * Press through the pain and difficult times.
- * Pause, process your thoughts, don't act on the way you are feeling at that moment.



**ONE KEY THING IS TO TRY TO BE AS
HONEST AS YOU CAN WITH YOURSELF,
AND THE PEOPLE THAT OUR HIGHER
POWER HAS PUT IN YOUR PATH TO HELP
YOU.**

When we hold back others will not be able to help us completely.

When we keep hidden any area of our recovery journey it hinders the process or may even ruin the process we have already made. Reason being, we will never be able to move forward if we keep our focus on our past hurts.

Trust your spiritual connection with your process.

The background features a dark grey to black gradient. On the left side, there is a vertical white line with a white circle at its top. To the right of this line, there are several overlapping geometric shapes: a large triangle with a white-to-black gradient, a square with a white-to-black gradient, and two circular patterns composed of concentric white lines. The text is positioned in the upper right quadrant of the page.

INSIGHT

What we expect to happen will happen how we look at life often affects what happens in our lives if we assume that our chances for recovery are hopeless, we have already determined that we have failed.

However, when we approach our recovery with a positive outlook and trusting Spiritual Guidance to see us through we will possibly achieve progress and possibly engage in long-term recovery!

OUR PERSPECTIVE HELPS US TO DETERMINE OUR OUTCOME

How do you see yourself?

How do you see others?

Don't try to copycat someone else be yourself.

Comparison will bring discouragement if you are always comparing yourself to others.

How you see and what you see you will start to believe!

One thing in life is sure, we will face constant change.

Embrace who you were created to be and be open to the things that allows you to change.

We cannot change our past, but we can make peace with it by seeking to be forgiven and then forgive others.

As we are freed from our past, we can put more energy into making positive changes for our future.



- 1. FIND YOUR COMMUNITY.**
- 2. YOUR SAFE PLACE.**
- 3. WHERE YOU CAN RELEASE FREELY**
- 4. PAUSE, REFLECT, AND EVALUATE**
- 5. SEEK YOUR SPIRITUAL
CONNECTIOIN TO GIVE YOU A NEW
PERSPECTIVE ON HOW YOU SEE
YOURSELF AND OTHERS.**





The Serenity Prayer

**GOD GRANT ME THE
SERENITY TO ACCEPT THE
THINGS I CANNOT CHANGE
THE COURAGE TO CHANGE
THE THINGS I CAN, AND THE
WISDOM TO KNOW THE
DIFFERENCE.**