

CeDAR Alumni Service Opportunities:

So, you want to get involved and be of service but you're not quite sure how to start? No problem, I've got you covered. Participating in service-work, especially if you're new to it, may feel uncomfortable, even intimidating. As a wise woman once told me during my early recovery, be willing to have a new experience—it's how we learn and how we grow.

Alumni Meetings:

We are always looking for volunteers to lead meetings on a recovery topic of one's own choosing. I provide a list of generated topic ideas which you are welcome to choose from or you can go rogue and choose an off-list topic. I will also provide you with a script to read. We suggest 30 days of sobriety/clean time to lead a meeting. I am happy to guide you through the process.

Aside from a meeting lead, we need someone to read a grounding exercise at the start of each meeting. I will provide you with a few grounding readings, which you are able to choose from. This service-position is for a 1-month term for the weekly alumni meeting on Thursdays.

To sign-up for an alumni meeting service-position, either reach out to me or open the link below: [Service Sign-up Sheet - Google Docs](#)

Guest Speaking:

- **Early Recovery Panel:** suggested sobriety time is 90 days to multiple years. Join the *in-person* panel with 2-3 other alumni as we discuss the realities of early recovery with current residential patients. Meghan moderates the panel.
- **IOP Spirituality Panel:** suggested sobriety time is 9 months to multiple years. Join the *virtual* panel with 2-3 other alumni or community members as you discuss the role spirituality plays in recovery and how to practically approach it. This panel is offered to IOP patients and is not moderated by a staff member.
- **IOP Guest Speaker:** suggested sobriety time is 9 months to multiple years. Share your story of recovery with our current IOP groups while also speaking to certain topics such as service or recovery planning.
- **CeDAR Night live:** suggested sobriety time is 12 months to multiple years. CNL is CeDAR's premier speaking venue. Share your story of recovery with patients, alumni and community members. This is an open meeting so you are welcome to invite guests to support you. We also gladly accept speaker referrals—this is your chance to volun-tell your sponsor! All recovery pathways are welcome.

CeDAR Alumni Service Opportunities:

Donations:

- We have a new clothing and toiletry pantry for patients in need. If you'd like to donate toiletries or new/gently used clothing or shoes, let us know!
- Our mobile library cart features a variety of books focusing on addiction, mental health and other areas of wellness. If you would like to donate a book, check out our wish list: <https://www.cedarcolorado.org/cedar-alumni-recovery-library/>
- If you wish to, we have two funds available for monetary donation—the scholarship fund which allows access to treatment and allows patients a greater length of stay. We also have an alumni fund which is used for alumni events and programming. For more information, please visit: <https://www.cedarcolorado.org/about-us/donate-to-cedar/>

Other:

- **Social media service-work.** If you are a member of our Facebook group for alumni, you can be of service by inviting other alumni to join, posting recovery-related content, liking & commenting. Activity by group members helps to create a thriving online community and one that people can find hope and support in.
- **Showing up!** Sometimes, service can be as easy as showing up to an alumni meeting, fellowship event, coffee talk or meeting field trip.
- **Sharing.** Sharing at meetings is, believe it or not, a great way to be of service. It adds richness to the conversation, encourages others to share and your share may just be exactly what someone needs to hear that day.
- **Organize** your own in-person or virtual sober social meet-up—a social hour, a group specifically for musicians, young people, artists etc., a book club, game night, arts and crafts. If you have an idea, reach out and let's make it happen.

As always, reach out with any questions, suggestions or ideas. Collaboration is valued!