



Project Recover is about creating a community-wide support network for individuals in all stages of recovery from substance abuse, mental illness and behavioral issues and their families throughout Herkimer and Oneida County. Project Recover aims to improve the emotional health of the community by providing help and hope through prevention, counseling and recovery.



WHEN THERE'S **HELP**, THERE'S **HOPE**.



Home + Health + Purpose + Community



Visit our website:

www.WhenTheresHelpTheresHope.com



Creating a positive community support network for people in recovery and their families.

Project Recover Program

**Center for Family Life and Recovery,
Inc.**

www.WhenTheresHelpTheresHope.com

Home + Health + Purpose + Community

Vital Components to Sustain Recovery

For those that are in recovery there are four key factors to ensure a successful sustained recovery is achieved.

Four Pillars of Recovery:

Home: A stable and safe place to live.

- Conflict Resolution, Common Sense Parenting classes, Budgeting Workshops

Health: Overcoming/managing disease as well as being physically and emotionally healthy.

- Eat Smart New York, Yoga, Stress Management, Smoking Cessation Classes

Purpose: Meaningful daily projects such as employment, education, volunteering and creative activities.

- Peer Mentoring, Job Skill Training, Building Computer Skills

Community: Relationships and social networks that offer support, friendship, love and hope.

- Monthly Workshops, Book Club, Double Trouble in Recovery Support Group

For more information, please call Laura Jacquays at (315) 768-2678, or email her at ljacquays@cflrinc.org (Mon.—Fri., 8:30a.m.—4:00p.m.). or visit our website <http://www.whenthereshelpthereshope.com/>

Center for Family Life and Recovery, Inc. Project Recover

You Can Help - Become a Volunteer!

- **Recruit businesses to get involved and be a Recovery Zone**
- **Become a Recovery Zone Committee Member in your region**
- **Recruit additional volunteers**
- **Share skills and hobbies with individuals involved in Project Recover**
- **Participate in Peer to Peer Mentoring (Peers are facilitators for the Evidence Based Program (EBP) Double Trouble in Recovery intervention group sessions.**

What are Recovery Zones? Locations throughout the community that have agreed to partner with CFLR and become involved in Project Recover.

In partnership with our community, Recovery Zones have been identified in 11 of the following regions throughout Herkimer and Oneida County:

Dolgeville, Herkimer, Town of Webb and Winfield, Boonville, Camden, Rome, Trenton, Utica, Vernon and Waterville

