

## **The Discovery House Hosts First Alumni Meeting**

*Alumni group gathers to give back to the community.*

([PRWEB](#)) May 06, 2013 -- Alumni of The Discovery House met for their first official meeting on April 18. These alumni are currently in long term recovery from drugs, alcohol, and other addictions, and have committed themselves to a life of sobriety. This group welcomes any individual that has completed a treatment program at The Discovery House to attend meetings. Meetings help alumni receive ongoing support and encourage others on their journey to sobriety.

The Alumni group plans to meet regularly to continue to develop the relationships they formed during treatment. Group members have learned that staying connected to the recovery community helps with relapse prevention. One member stated, "Having a reliable support system is what helped me through treatment, and it is what is helping me continue in sobriety. I am extremely thankful for The Discovery House Alumni group, which gives me the chance to connect with others who are going through the same struggles."

Participation in the [Alumni Program](#) also gives members the chance to become connected with their neighborhood, which further aids in relapse prevention. In addition to regular meetings, alumni will participate in quarterly outings in the community, and will integrate a mentoring program for others struggling with addiction. Their mission is to give back to society, which is done through community service activities and other neighborhood-based events.

Alumni members are thankful for their sobriety, and are happy to be able to help others. "For so long I depended on others for my basic needs. My life was in chaos, and I would not be sober now without the help of other people in my life, including the staff of The Discovery House. Today I am privileged to be able to help others, even if it is in some small way. The Alumni group gives me that chance."

The Discovery House is located in Reseda, California. It uses patient-based programs to help clients achieve sobriety. Its goal is "to raise the success rate of alcohol and drug treatment by providing individuals with personalized, compassionate care that empowers the human spirit and focuses on all aspects of recovery from detox to residential and transitional living".

Patients who participate in The Discovery House's treatment program are welcomed as part of the family and are encouraged to participate in alumni events. The Alumni group plans to meet on the 3rd Thursday of every month. A Facebook page has been established to help members stay connected.

For more information about The Discovery House and its Alumni group, visit <http://thediscoveryhouse.com/>



**Contact Information**

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**Online Web 2.0 Version**

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