

CeDAR Alumni Facebook Group:

While you're at it, give CeDAR a follow too: <https://www.facebook.com/CedarColorado>

Welcome! This is a great way to engage with others, seek support and guidance, learn of resources and upcoming activities and maybe even learn a thing or two. If you have questions, reach out: 720.281.1605 or Meghan.white@uchealth.org. I do not frequently check Messenger.

Getting connected:

- To join the group, first request me here: [Meghan White | Facebook](#)
- After you have requested me and we are connected, I will send you an invite to join the group. The invitation will show as a notification and prompt you to accept.
- This is a hidden group, meaning it cannot be searched for nor viewed by Facebook friends who are not also a member of the group. It is one security level higher than private. All members are CeDAR Alumni.

Navigating the group:

- Just as in meetings, please do not disclose members and/or content outside of the group. Safety is necessary if we are to recover.
- The top toolbar will guide your navigation. The feature button will take you to perennial (continually relevant) posts containing beneficial information.
- View past posts using the topics and/or photos button. You may also search past posts by typing keywords using the magnifying glass.
- If you are wanting to post something but don't really want to disclose your identity, you are now able to post anonymously—see the anonymous post button under the text box.

Tips for posting:

- We encourage members to post! Because this is a recovery group, content has to be connected to recovery and/or your experience in some way. Think of this community more as resourceful and supportive and less as the classified section. You're always welcome to run a post by me.
- When posting, it is encouraged to either add a graphic to your text or text to your graphic/link. This helps with post interaction. If you're posting about an upcoming meeting or event, post ahead of time and not the day of or hour before.

Social media service-work: Yep, service can be as simple as a click. Here's how:

- **Invite** your CeDAR Alumni friends to join our group if they're not already members. To invite, type their name in the text box under "invite members." We just hit 700 CeDAR Alumni
- **Like and comment.** Commenting does 3 things: it creates an open space for others to share, it contributes to group activity and has the potential to help another member (just like sharing in meetings does). We especially encourage you to interact with posts from your peers.
- **Post!** What is appropriate to post? Anything recovery-related. This can also include anything related to mental health, wellness, spiritual health, social health, resources, events etc. We love for alumni to share their sobriety birthdays, clean time and milestone. And of course, if you are in need of support—maybe you feel like using or you're just have a bad day—post! Our community is here to support you.