

# 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. Service offers just that. Offered, is a variety of service positions ranging from remote to on-campus and from people-centric to behind-the-scenes. We can also create service roles based on your ideas, skillsets, talents etc.

## Alumni Meetings:

We are always looking for volunteers to lead alumni meetings on a recovery topic of your choice. A list of topic ideas is provided. Also provided is the meeting script and service description. We suggest 30 days of sobriety/clean time to lead a meeting. I will guide you through the process. To sign-up, reach out to [Meghan.white@uchealth.org](mailto:Meghan.white@uchealth.org)

- In-person alumni meeting Mondays at 6:30pm at CeDAR in the lecture hall. Wear a mask!
  - Meeting lead, reader, greeter, room setup
- Virtual alumni meeting Thursdays at 7pm on Zoom (soon to be hybrid).
  - Meeting lead, reader

## CeDAR Night Live (virtual):

- For speakers, we welcome all pathways to recovery and suggest 1 year in active recovery. CeDAR Alumni and community recovery members are welcome to the virtual stage so you are welcome to refer anyone from your recovery circles—this could be your opportunity to volun-tell your sponsor to do something for a change!
- Join the CNL host team. We are looking for alumni to host CNL meetings which are held on Saturdays at 7pm on Zoom. A host simply begins the meeting by reading the script and introduces the speaker. We suggest 90 days in recovery. By joining the host rotation you would likely host 1 meeting per month.

## 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 Alumni Service Opportunities:

## On-going service projects:

- **Clothing & toiletry pantry:** aside from donations, we need help with managing the pantry through sorting, washing, taking inventory, organizing etc.
- **Roots of Recovery Garden:** current gardening hours are on Fridays from 9am-11am. We will soon have weekend hours. Help with weeding, pruning, tending, digging and conceptualizing how we want the garden to develop.
- **Activities committee:** comprised of alumni to help plan and attend a variety of alumni activities to include sober social, service and personal development varieties. The goal is to organize activities frequently, consistently and also in various area of the Denver Metro and various days/times of the week. The committee attend After Hours (the alumni group's business meeting) on the 3<sup>rd</sup> Thursday of the month on Zoom at 8pm.

## Donations:

To make a donation, you may drop it off to CeDAR during normal business hours or send directly: 1693 North Quentin Street | Aurora, CO 80045 c/o Meghan White

- We have a clothing & toiletry pantry for residents in need. Here is a list of needed items: <https://cedarcolorado.life/cedars-clothing-and-toiletry-pantry/>
- For our residents, we offer a recovery library of books focusing on addiction, mental health and other areas of wellness. To donate a book, check out: <https://www.cedarcolorado.org/cedar-alumni-recovery-library/>
- You may also donation recreation items including art supplies, board games and puzzles and outdoor recreation equipment including basketballs, lawn games etc.
- If you wish to, we have two funds available for monetary donation—the scholarship fund, allowing access to treatment. We also have a fund for the CeDAR Alumni Program. 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 Alumni Facebook Group, you can be of service by inviting other alumni to join, posting recovery-related content, liking & commenting. Activity helps to create a thriving online community.
- **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 a great way to be of service. It adds to the conversation, encourages others to and may be just what someone needs to.