

# HARMONY CONNECTION

THE IMPORTANCE OF CONNECTION



## FEBRUARY EVENTS

### SOBER BOWL PARTY

FEBRUARY 3 AT 4:00 PM

Phoenix Multi-Sport  
Downtown Denver

*This is a fun-filled event full of laughter and community where alumni come together over food and football to build connection. Harmony alumni will be there, as well as alumni from Red Rock Recovery and Aspen Ridge.*

*Harmony Recovery Center in Fort Collins office is OFFICIALLY OPEN! Stop by and say hello! Hours vary so call Michael at 970.451.1646 to make sure someone is there!*

### HARMONY ALUMNI SKI DAY

FEBRUARY 22ND

Meet at 7:30 AM in Idaho Springs OR  
9:00 AM at Loveland Ski Resort  
Email Michael at Harmony  
marnold@harmonyfoundationinc.com

## RECURRING EVENTS

### ASPEN RIDGE BIG BOOK STUDY

EVERY TUESDAY NIGHT

7:30-8:30 PM

900 S Kipling Pkwy, Lakewood, CO

## TRADITION

### SATURDAY NIGHT PRIME RIB DINNER & SPEAKER MEETING

EVERY SATURDAY, DINNER AT 5 PM

SPEAKER AT 6:30 PM

Harmony Foundation

*Join us for an evening full of delicious food and hope as a Harmony alum shares their story of experience, strength, and hope.*

### SATURDAY NIGHT SPEAKERS

2/2: SIMONE M.

2/9: CEO JIM GECKLER

2/16: ANITA AND RUSSELL A.  
(COUPLE CO-SPEAKING!)

2/23: DOUG Y.

## HARDWIRED FOR CONNECTION



**Brian Tierney**  
Alumni Director,  
Red Rock Recovery

We are all hardwired for connection which is why substance use disorders can be so insidious. The behaviors that manifest as result of this disorder disconnect us from our greatest champions up to and including ourselves. After I had burned many bridges I found myself connecting with communities that were anything but safe and supportive. Even though I knew I was in bad company I found myself having a difficult time finding the willingness to disconnect. I came to realize that no matter how toxic the environment may have been, it was still a place where I felt I belonged,

a place where I felt accepted for the lifestyle I was living. This realization brought me to an understanding of the power of connection.

The communities we choose to be apart of in recovery can compound our condition or help lift us above it. Being connected with a safe and supportive community, family system, or friend group is a vital asset for any pathway of recovery. I firmly believe that being apart of a recovery community helped me to explore my true potential. It was here that I was accepted for all that I was with open arms. It was here that I felt safe enough to get vulnerable and begin the process of healing. It was here that I felt empowered enough to find and pursue my sense of purpose. Above all a loving connection is what we desire most. In my experience I found that being apart of something greater than myself and contributing to its unity and growth led me to experience immense growth within.

## COMMUNITY



“ Staying connected and close to the program of Alcoholics Anonymous has been a very integral part of my sobriety. My home group is in Conifer but I moved. Life happens, right? For me, being part of a group is like coming home. So I went to several meetings, several times each, of new groups to see what clicked. I know when it's right and, when it is, it's amazing. I have incredible support from so many women in the program, all whom I have met at my local group. The instant connection that can be made is a gift. I attend meetings regularly, probably 5 times a week.”

- HARMONY ALUMNI



“ In regards to connection, I believe that alumni can be the hope and inspiration for the newly sober addict. I was able to push through depression, anxiety and fear of sobriety through witnessing the miracles that were the alumni of my treatment program.”

- ASPEN RIDGE ALUMNI