



MAY NEWSLETTER

There's something really special happening in our alumni community right now... and if you've been part of it, you can feel it.

This month has been full of connection, growth, and moments that remind us why recovery matters. From packed rooms and shared stories to laughter, milestones, and new beginnings - there's a momentum building here that we don't take lightly.

Whether you've been walking this journey for years or are just stepping into it, this space is for you. A place to stay connected, to be seen, and to keep growing - together.

And trust me... we've got some exciting things coming your way this month.

Let's dive in.

— Rose

Coordinator Corner

This month has been full of connection, growth, and community in Alumni! Our Wednesday and Saturday night groups have been at full capacity, creating an energetic and supportive space each week. While we've had full houses, our doors - and hearts - are always open. We'll always find a way to make room for anyone who wants to be part of what we're building.

We had the honor of celebrating meaningful sobriety milestones, recognizing the hard work and dedication of our alumni. We also welcomed new faces into the community while reconnecting with familiar ones, strengthening the bonds that make this group so special.

One of the highlights of the month was our potluck BBQ - great food, lots of laughter, and genuine connection. It was a perfect reminder that recovery can be joyful and shared.

Throughout the month, we've continued to show up for one another - offering support, sharing experiences, and building a strong sense of belonging. Alumni isn't just about staying connected; it's about growing together.

We're grateful for everyone who has been a part of it and look forward to another month of connection and community.

Upcoming Events

🌟 PAINT NIGHT AT CANYON VISTA 🌟

Get ready for a night of color, creativity, and connection! Join us this May for an unforgettable Painting Night at Canyon Vista—where no experience is needed and good vibes are guaranteed.

Whether you're a beginner or already love to paint, this is your chance to unwind, express yourself, and create something uniquely YOU.

Enjoy music, laughter, and a relaxed atmosphere while you bring your canvas to life.

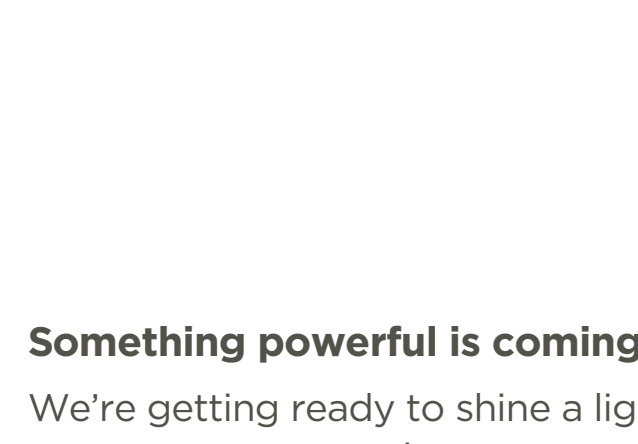
All supplies provided—just show up ready to have fun and get a little messy!

📍 Canyon Vista

📅 May 30th

⚠️ Limited space available (only 20 spots!)

👉 Please see Rose for more information and to reserve your spot!



Something powerful is coming...

We're getting ready to shine a light on what matters most - your journey, your strength, and every single day of sobriety. This upcoming alumni experience is all about honoring where you've been and celebrating how far you've come in a meaningful, lasting way.

Think connection, celebration, and something you'll carry with you as a reminder of your story.

Details are coming soon... but trust us - you're going to want to be part of this. Stay tuned.

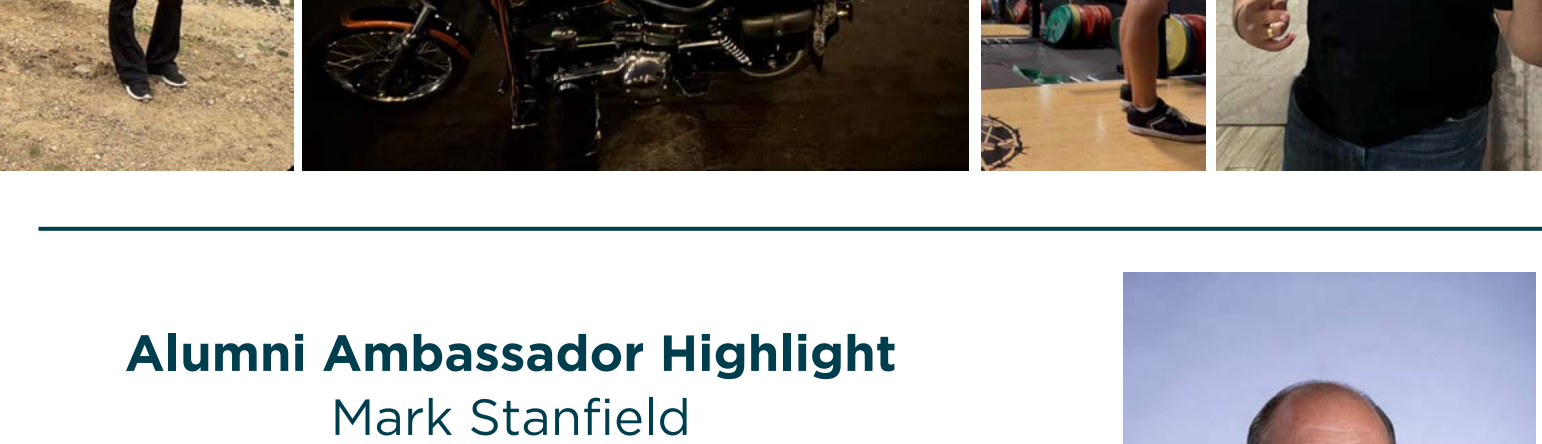


April Picture Highlights

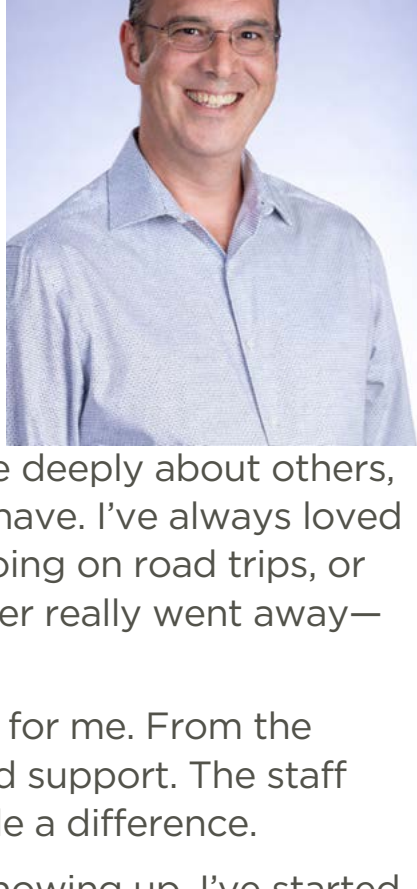


Blessings of Sobriety

Living proof that recovery works, these alumni are embracing the blessings of sobriety—freedom, growth, and a renewed sense of purpose - each photo capturing real lives that are thriving, joyful, and fully lived.



Alumni Ambassador Highlight Mark Stanfield



My name is Mark Stanfield, and I'm currently in recovery—a journey that has challenged me, reshaped me, and ultimately given me a new way to live.

Before I found recovery, my life felt unmanageable. I was stuck in patterns that I couldn't break on my own, and it often felt like I was losing parts of myself along the way. There were moments of doubt, and uncertainty about whether change was even possible.

At my core, I'm an energetic person with a heart of gold. I care deeply about others, even when I wasn't always caring for myself the way I should have. I've always loved being outdoors—whether that's playing tennis or pickleball, going on road trips, or traveling and experiencing new places. Those parts of me never really went away—they just got buried for a while.

Coming to Canyon Vista Recovery Center was a turning point for me. From the moment I arrived, I was met with understanding, structure, and support. The staff didn't just see my struggles—they saw my potential. That made a difference.

Through therapy, group work, and the daily commitment to showing up, I've started to rebuild. I've learned how to be honest with myself, how to sit with uncomfortable emotions instead of running from them, and how to develop healthier ways of coping.

Today, I'm proud to say that I will be 18 months sober in May—a milestone that once felt impossible, but now represents consistency, growth, and hope.

Recovery hasn't been easy—but it's been worth it. Each day, I'm learning more about who I am and who I want to become. I've gained tools, insight, and a support system that I didn't have before.

Canyon Vista has helped me not just get sober, but reconnect with who I've always been—someone who is active, caring, and excited about life again.

I'm grateful for how far I've come, and I'm committed to continuing this journey one day at a time.

Staff Highlight Rico Bejerano



I've been working at Canyon Vista for about a year now, and I'm truly passionate about the work we do here. Recovery isn't just something I support professionally it's something I understand on a personal level.

My own journey has shown me how much strength, commitment, and daily effort it takes to get sober and to stay sober. Because of that I have genuine empathy and understanding for the people we serve.

I'm grateful to be part of a team that helps individuals take those life-changing steps, and I hope that by sharing my story, I can inspire others to keep pushing forward no matter where they are in their recovery.

Staff Sobriety Birthdays

Honoring our staff's sobriety birthdays. The same dedication they've given to their own recovery is what they bring to our clients every single day - and that kind of authenticity can't be taught.



Rachelle J. 1/18/20
Jonathan B. 4/5/21
Stacie A. 4/7/17



Shawna B. 4/10/10



Rose M. 4/6/97



Rico B. 4/7/24



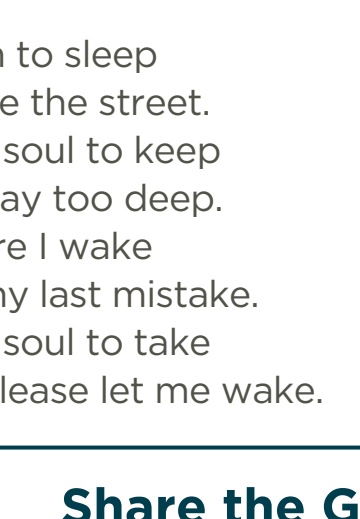
Sara L. 5/3/2023



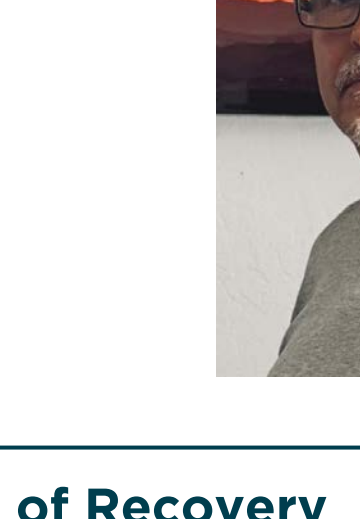
Barbara L. 1/13/94



Anna 1/3/16



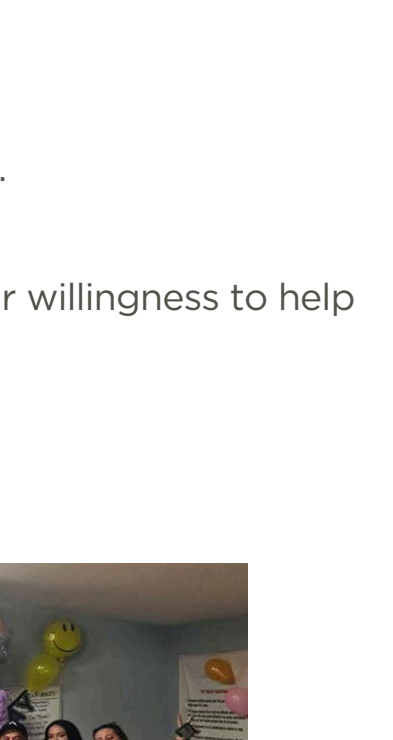
Desiree W. 08/03/16



Steve L. 1/12/2011

Poem written by one of our alumni, Eric C.

Now I lay me down to sleep
Again I sleep beside the street.
I pray the Lord my soul to keep
I feel my sins are way too deep.
If I should die before I wake
I know I've made my last mistake.
I pray the Lord my soul to take
I'm praying Lord, please let me wake.



Share the Gift of Recovery

If you're living in recovery, you have a gift...

What you've been through, the hope you've found...

It can light the way for someone else.

- Share your story...
- Show someone they're not alone.
- Reach out to someone who's struggling.
- Offer hope with a listening ear and a helping hand.

Above all-

Never underestimate the power of your voice and your willingness to help someone else find recovery.

Canyon Vista Recovery Center
Admissions Line: 480-464-5764

