



From Your Alumni Services Coordinator:

Hello,

Completing treatment takes courage and hard work. I realize it might be difficult to feel proud or hopeful as you leave the safety and support of this program to step into the unknown. It is completely normal for intense emotions like anxiety and fear to surface during this time. You may wonder if you are truly ready to leave, if the skills you learned here will continue to work outside of the treatment bubble or if you will find what you need as you take the next steps in recovery.

At Renfrew, we know that the work does not end the day you leave treatment; you need and deserve ongoing support, compassion, education, and motivation to help you stay the course.

To help meet these needs, we have developed Renfrew's Alumni Services to aid at any point in your recovery journey. As an alumnus of Renfrew, you will receive free access to recovery-focused resources, including virtual alumni support groups, workshops, webinars, weekly blogs, a bi-annual newsletter, as well as Renfrew's quarterly alumni events and annual non-residential reunion.

I look forward to supporting you and enriching the next chapter of your recovery!

Erin Birely, LCPC
Alumni Services Coordinator, The Renfrew Center

