



**Pyramid
Healthcare, Inc.®**

Alumni Events:

**February:
Recovery Basketball
Tournament**

Saturday, 2/23
8:30am – 3:30pm
Palisades High School
35 Church Hill Rd.
Kintnersville, PA 18930
Right in Upper Bucks Co.!

Reach out to Ali to reserve your spot on the team or in the cheering section!

267-559-3834



**March:
Shoot for Recovery
Saturday, 3/2 @ 4pm**

Bucks Co. Ice Sports
1185 York Rd.
Warminster, PA 18974
Free Ice Skating!
More details to follow.

Alumni Newsletter

February 2019



Thank you to everyone who donated to our Blankets & Backpacks drive!

We were able to team up with *Angels in Motion* to take these items to those on the streets of Kensington. We collected over four boxes full of winter attire. Great job everyone!



Have more to Donate?

Pyramid Langhorne will serve as a drop off location for any travel sized hygiene items, clothing, and nonperishable food/snacks. This will support the Bridge to Recovery Foundation for their upcoming Overdose Awareness Day and Memorial Walk. For more details, contact Jenn P. @ 215-968-4713 ext. 211

February is . . .

American Heart Month

Making small changes every day can add up to big improvements in your overall health! Remember to:

- Get Active
- Eat Better
- Lose Weight
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar
- & Stop Smoking!

To learn more about heart health visit the American Heart Association website at www.heart.org



Eating Disorder Awareness Month

- Approximately 24 million Americans suffer from an eating disorder.
- 20% of people suffering from anorexia will prematurely die from complications related to their eating disorder



Our Tapestry service line specializes in the treatment of eating disorders in both an outpatient & residential setting in western North Carolina.

Southern Bucks Recovery Community Center Events:

1286 Veterans Highway Suite D-6, Bristol, PA 19007 | 215-788-3738

AA – Every Friday Night – 7:00 – 8:00PM

Career Pathways – Every Tuesday Night – 5:30pm – 6:30pm

Nockamixon Winter Hike – 2/16 @ 11:00am – 1:00pm

G.R.A.S.P (Grief Recovery After Substance Passing)- 2/21 7:00- 8:00 pm



April:
Overdose
Awareness Day and
Memorial Walk
Chester, PA
Saturday, 4/27 @ 12pm
 More details to follow.

Alumni
Speaker
Group



Share your story with one of the PHC
 inpatient communities!

Contact Ali to set up a
 date, time and location at
 267-559-3834 or

bucksalumni@pyramidhc.com

*Change is a
 process - not
 an event.*

— provided by: James S.

Know
 someone
 that is
 still
 struggling
 and needs
 help?



Call us:

888-694-9996

pyramidhealthcarepa.com

Client Testimonials

When I first came to treatment, I was hesitant and didn't know if I could do it. I toughed it out and it ended up being great. I learned so much while being here. I learned so many tools to use in the outside world. The staff was wonderful and understanding. Thank you to all. – Sherry H.

I came into treatment broken. Through hard work and dedication, I got the treatment I needed. My counselor, Rose guided me in the right direction. Thank you Pyramid for everything. – Bryan B.

Quakertown was a great place to actually find myself – one of the most powerful treatments.
 – Robert R.

My experience at Pyramid was great. The staff were more than exceptional. They all have a huge passion for what they do which plays a big part in my recovery and my time spent at Pyramid Quakertown. I am incredibly grateful to my counselor as well as the other counselors since they work together as a team effort. Thanks so much to everyone at Pyramid. – Anthony F.

All of the staff at Pyramid Quakertown were extremely helpful and trustworthy. I've been to seven other rehabs and I have never felt as comfortable as I did here. Overall, it was a great experience and I learned a lot of tools to better myself and my future. – Nicholas R.

I have come a long way since I was first admitted to Pyramid. I can honestly say this was an enjoyable place to be. I've met some very positive and helpful people that have influenced me. I can say I have confidence in staying clean. – Doug K.

I was able to find some inner peace and recollect what my passions and values are in my life. I have been

able to make real connections and true friendships that mean a lot to me. I highly suggest giving yourself a real shot at this thing called "recovery" and do not leave treatment before the miracle happens.

– Frank C.

I was scared, hopeless, helpless and withdrawn to the point that I felt no one could help me. With addiction and untreated PTSD, I felt no sense of hope. Vowing to stay 14 days, I struggled but pushed forward. So 14 days became 21 then 28 and now 90 days later a new man has emerged. Confident, hopeful and willing - something I thought was never possible. It is a true miracle from the Langhorne facility. I now know that life is possible thanks to those who have helped me.

– Christopher M.

Although the journey through recovery is a trying time, a strong support network is key to help you strive for success. This being my first rehab, I felt nothing but genuine compassion from fellow clients, techs, counselors and all staff. I could share openly without fear of being judged which helped me focus on my recovery and truly believe that hope exists by one addict helping another. – Michael R.