

# Alumni Newsletter

## March 2019



Thank you to all those who came out to the last Alumni Events.

In February, we participated in the *Sync Recovery Community* basketball tournament. It was a fun day filled with friendly competition.

Congratulations to Recovery Centers of America for winning the tournament. Our Langhorne team came in 2nd place and our Quakertown and Lehigh Valley teams played great as well!



This month we enjoyed ice-skating as part of the *Shoot For Recovery* event hosted by Sobriety Solutions and The Retreat. Over \$6,000 was raised for both Bridge to Recovery and The N.O.W. Matters to support their efforts in the battle against addiction.

## BUCKS COUNTY BLITZ

The Blitz is back!

What is the *Blitz*? It is a three-week cluster of

community-organized events in Bucks County ranging from April 6<sup>th</sup> to April 29<sup>th</sup>. It is designed to "blitz" the community with programs, forums and events to address the issues caused by drugs, alcohol, addictions and the opioid crisis.

Check out the list of various events in Bucks Co. @ <https://buckscountyblitz.org/>  
**Join Pyramid Healthcare on April 10th!**

## **Southern Bucks Recovery Community Center Events:**

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

**AA** – Every Friday Night – 7:00pm – 8:00pm

**NA** – Every Monday Afternoon – 1:00pm – 2:15pm

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

**Amends in Action – Food & Clothing Giveaway** – Saturday, 3/23 9:00am – 12:00pm

**Adventures in Recovery – Disc Golf @ Tyler Park** – Saturday, 3/30 12:00pm – 4:00pm



**Pyramid  
Healthcare, Inc.®**

## Alumni Events:

### April:

Speaker Jam / Art Expo

Part of the Bucks Co. Blitz

Wednesday, **4/10** @ 7pm

Crossing Community Church  
80 Lower Silver Lake Rd.

Newtown, PA 18940

Light refreshments provided.



Overdose Awareness  
Day and  
Memorial Walk

Saturday, **4/27** @ 12pm

Talen Energy Stadium

1 Stadium Dr. Chester, PA 19013

More details to follow.



**May:**



**Sunday, May 19th**  
*Save the Date!*

Transportation available.  
More details coming soon!

## 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](mailto:bucksalumni@pyramidhc.com)

**Know someone that is still struggling and needs help?**



**Call us:**

**888-694-9996**  
[pyramidhealthcarepa.com](http://pyramidhealthcarepa.com)

## Client Testimonials

This time was different for me. I've done a lot of self-reflecting with the help of my counselor who is by far the best ever. TJ has been a great counselor and mentor. He has made me realize there is a lot to live for. – Rodney H.

I had a great experience at Pyramid. I learned a lot here. I made some great friends. I love the staff. I felt super welcomed when I got here. This place has made me so happy. – Autumn S.

Great place to be with friendly staff who genuinely care. – Giovanni J.

I came to Pyramid a mess and didn't know what I was in for. I found that the medical staff was very helpful in my first few days and continued to be throughout my stay. The counselors and techs were also helpful. I'd like to thank them all for helping me along my way to recovery. – Sean R.

My experience at Pyramid Langhorne was positively life changing. The techs were exceptional and both counselors were phenomenal. I felt comfortable and safe there. – Debby S.

I asked God for help to take me off the streets before I lost my wife, job or life. This is when I believe he opened up the door to Pyramid. I thank all of the caring staff at Quakertown for looking deep inside of me so I do not have to keep doing this over and over. – Kevin M.

Pyramid has helped me build a solid foundation to start my journey into my new life of recovery. Working with my therapist one on one was incredibly helpful in working through the wreckage of my past and putting it behind me. The clinical team is great. I will forever be grateful for Pyramid and my therapist. – Nick R.

This was my first treatment experience and I have to say I didn't know what to expect. I was made comfortable and all of the staff were helpful. Pyramid Quakertown gave me the tools I need to continue my recovery upon leaving treatment. This has been a good experience and a productive one. – Salvador R.

This has been the greatest life-changing journey of my life. The property itself at Langhorne is enough to lift your spirit. I had many concerns about outside matters but every person I met put my worries to rest with a solution. I even had the support of a driver who was there for me. I have never had support like this in my life. – Shawn R.

I've learned to focus on learning who I am as a person. I've allowed spirituality into my life. I feel grateful for the opportunity to take the chance after so many to finally get it. –Shamsud-Din M.

Being at Pyramid has showed me how to ask for help and open up to others. The staff, nurses and techs all played a role in my recovery because they allowed me to work on myself and went the extra mile to help. There was also a good community that stood as one. Thank you to everyone that has helped in my recovery. – Bryon C.