



Alumni Speakers Wanted

Share your recovery story with one of our inpatient communities! Provide fellow peers with support and motivation.

Where? Quakertown, Langhorne, Lehigh Valley, Dallas and York facilities.

Days and Times available vary by facility/location.

Contact Ali, Alumni Coordinator to discuss availability @ 267-559-3834 or AlumniAssociation@pyramidhc.com

Have a safe and happy Thanksgiving!



Alumni Newsletter

November 2020



Alumni had a great time bowling this past weekend in Bucks County.

Check out Northampton County's NEWEST Drop-In Recovery Center 2906 William Penn Hwy. Suite 101 Easton, PA



Together, the *Alumni Association* and the *Hope Center* are teaming up this season to host a toy drive for families in need. Stay tuned for details on how you can help!



Lost River Caverns 
Saturday, 11/28
10:00am – 12:00pm
726 Durham St. Hellertown, PA

Check out this event and many more on their website: <https://syncrecovery.org/sync-recovery-events/>

Community Cleanup: Social Distance Edition hosted by: **Prevention Point Philadelphia** - Sat., Dec 5th at 9am
For more details: <https://ppponline.org/>



GREAT AMERICAN
SMOKEOUT
November 19, 2020

TIPS TO HELP YOU QUIT:

 Call 1-800-QUIT-NOW	 Text QUIT to 47848
 Register for a Tobacco Cessation Program	 Download the quitSTART App

Quitting smoking isn't easy. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on **November 19th** be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life!

What Alumni Are Saying About Their Experience

DID YOU HAVE A POSITIVE EXPERIENCE IN TREATMENT?

Contact us!

Reach out to Ali (267)-559-3834 to learn how you can submit a testimonial and help the next person looking for the right treatment!

Stay Up to Date

Follow us on Facebook to see all updates, changes and opportunities available!



Add Friend: *Embrace Change*
Like Our Page: *Pyramid Healthcare Alumni Association*

Know someone that is still struggling and needs help?



**Call us:
888-694
9996**

pyramidhealthcarepa.com

Remember to update your e-mail and phone number.

AlumniAssociation@pyramidhc.com
or 267-559-3834

I have been at Pyramid Langhorne and have had a very positive experience here. It has been wonderful – by far the best rehab I have ever been to. The staff here is exceptional. – Megan L.

During my stay at Pyramid I developed a great relationship with other clients that gave me the opportunity to build friendships with sober people. It was a nice stay and I always felt welcome and comfortable. I was always treated with respect. During my stay I was able to focus on myself and work on some of my character defects and learn how to deal with emotions and feelings that I haven't felt in a long time. Pyramid was an all-around great learning experience and gave me a lot of knowledge to help me along my long road. Thank you very much. – Justin F. (York)

I received good treatment when I was there. Staff was great. My counselor was awesome and I got what I needed. Nothing but excellent medical staff!
– Matthew M. (York)

I am happy to be given the opportunity by Pyramid to better myself as a person, become sober and have a happy life free of substance abuse. – Miguel M.

Transitioning from jail to treatment was made easy and I am so grateful for the staff at Pyramid Langhorne. The BHT staff were kind, down to earth and welcoming. I felt comfortable opening up about myself and my struggles. My journey into recovery was affected in the best way. The structure was great for me and they gave me a lot of great feedback and tools to use. I look forward to tomorrow now because of their help. I love myself after so much self-destructive behavior. God is good and so is Pyramid Langhorne.
– Gloria B.

Unfortunately, I have attended quite a few different rehabilitation facilities to get my disease in check and learn how to maintain my sobriety. I can say with the utmost confidence that this is a wonderful facility filled with employees who genuinely care and help us onto the right path.
– Julian J. (Quakertown)

Pyramid is proving to become a truly crucial, indispensable, source of transformative guidance where I am learning to discover the new man I have to be. – Robert D.

I came in full of guilt and shame. Because of how good and positive the environment was that I came into, I have really been able to dig in and work on vital parts of my recovery, establish a spiritual foundation and get plugged in with the community. Pyramid has been nothing but beneficial to my recovery so far.
– Nicholas C.