



## NEWS & ANNOUNCEMENTS

Mar - Apr 2009

### RECOVERY CORNER

#### Testimony from a participant of FREE programme



Mohamad Daud Bin Abdul Majid, a recovering heroin addict, has been a member of WE CARE (Centre for Addiction Recovery and Education) Drop-in centre since October 2008. He recently graduated from the FREE (Facilitated Recovery Enabling Education) program held at the Helping Hand Halfway House from 3 Nov 08 – 9 Jan 09. Below is his testimony which he shared with all present at the graduation ceremony which was held on Friday 9 Jan 2009 at the Helping Hand Halfway House.

“ My name is Daud. I am a recovering addict. I would like to express my deepest gratitude to the staff of WE CARE and Helping Hand for giving me this wonderful opportunity to share my experiences about the FREE. programme.

I did not choose to be an addict. It is a disease that I have been afflicted with. As an addict, whether drug, alcohol or other substances, we go through a difficult and challenging life during our recovery process.

I have been an addict for 30 years and I am not proud of that. At first, I found it impossible to stay sober. I had abstinence only when I was locked behind bars. To complete this programme is beyond my expectation.

At the beginning of the FREE program, I was extremely miserable and depressed. I was lonely and distraught and found it difficult to adapt to the changes. Worse still, both my parents had passed away during my incarceration. How I wish they were here with me to witness my graduation.

But today, this memorable night has changed my life. I made many friends here. I am much happier, livelier and more confident now. The group here is my Higher Power. Recently, the craving and urges were so great, I almost slipped. After thinking of all of you here, I felt some kind of a power that helped me to realize the risk of relapsing. I thank you guys. You saved me. God saved me. So let us always be together in a group.

The program has been extremely useful and meaningful to me. It helped me change a lot. I hope this program continues to touch the lives of other addicts as it has done for me.

I thank you all once again. To my counselor, Mandy, facilitators, namely Marjorie, Ibrahim and Han and not forgetting family members who have been very supportive in my recovery, I love you all. God bless you all.”

## WORKSHOPS & PROGRAMMES

On Feb. 7 we held a Sponsorship Workshop at the Center. It was a huge success with a wonderful turnout. We are planning to hold another workshop on the 4<sup>th</sup> and 5<sup>th</sup> Steps. It will be held on Saturday, March 28<sup>th</sup> from 1.00pm – 4.00pm. The speakers will be namely, Victor, Andrew and Jess. Let's continue the success with a big crowd to hear about these difficult Steps and how to take them. Whether you are a person who often listens to 5<sup>th</sup> Steps or you feel you need to do a 4<sup>th</sup> and 5<sup>th</sup>, please come and participate. This is also appropriate for family members who attend the Monday and Wednesday nights Al-Anon meetings. If they work a program...they take the Steps too....

We continue to provide programming to HighPoint Halfway House every Monday morning from 10.00am to 12.00noon. The series of two hour programs will end on 6<sup>th</sup> April. We hope to continue our relationship with HighPoint.

WE C.A.R.E collaborated with Singapore Anti Narcotics Association (SANA) to conduct an Inhalant Abuse Program for youths. Sarah, Manjit and Azhar facilitated two sessions on February 17<sup>th</sup> and March 3<sup>rd</sup> involving 21 youths.

## HOLIDAY NEWS

A small group gathered over piping steamboat during the Chinese New Year Festive Season.

Please feel free to come to us with your ideas and suggestions for events you would like to organize. This is your Centre. We simply love having members use the facilities available at the Centre.

## VOLUNTEERS

Interested in Service Work? Please consider signing up to make 12 Step calls. If you have at least 6 months of clean time, please give your name and contact information to Manjit who will fill you in on the details. We need people to visit the still suffering in hospitals or greet newcomers at the Center. This is a wonderful way to reinforce your own Program and support a strong recovery community.

## Our Wish List

1. Someone to design a medallion for WE C.A.R.E similar to what is used in AA, NA, etc.
2. Someone to sponsor cable television for the Serenity room for one year.
3. Someone to supply us with one or two tins of biscuits every month for a year.
4. Someone to provide us with some new or used games for the Serenity Room.
5. Monetary Donations are always appreciated.

