

WHERE ALL ROADS TO  
RECOVERY MEET



## How Can We Help With Your Recovery Today?

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(located in Quick Chek parking lot)  
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### Find us on Facebook & Twitter



CARES provides a variety of peer-to-peer recovery support services focusing on the needs of people in recovery, family members, friends and allies.

#### Offerings include:

- ◆ Educational Presentations
- ◆ Recovery Coaching
- ◆ Telephone Recovery Support
- ◆ Recovery Training Series
- ◆ Recovery Resource Library
- ◆ Holistic Workshops
- ◆ Computer Lab
- ◆ Mutual Aid Meetings
- ◆ Movie Night
- ◆ Game Night
- ◆ Yoga/Meditation

And Much More...

#### Mission

CARES actively engages and organizes the recovery community helping individuals find, maintain, and enhance their recovery experience through peer support, educational and volunteer opportunities and sober recreation. CARES works to reduce the stigma associated with substance abuse through advocacy, education and service.

#### Vision

CARES envisions a world where recovery from addiction is understood, promoted, embraced and enjoyed and where all who seek recovery have access to the support, care and resources needed to achieve long-term recovery.

#### Values

- We **C**onsider the practice of volunteerism, service, and “working with others” as a higher calling.
- We **A**ppreciate and respect that there are multiple pathways to recovery.
- We **R**ecognize the inter connectedness of individuals, families, and entire communities.
- We **E**mbrace and promote recovery in individuals, families, and communities.
- We **S**trive to end stigma experienced by people in recovery or seeking recovery.

An Initiative of:



## Center for Addiction Recovery Education & Success

### Where All Roads To Recovery Meet

CARES meets people where they are. We don't push any one form of recovery on anyone. We have developed foundational principles on which we base our work. They are:

- ◆ You are in recovery if you say you are
- ◆ There are many pathways to recovery
- ◆ Focus on the recovery potential, not the pathology
- ◆ Err on the side of the recoveree
- ◆ Err on the side of being generous

Many times people are left to navigate the system on their own. By the time they get to us, they are frustrated, crying, discouraged. We talk with them. We meet them where they are. We offer the hope of a new way of living. We help them.

#### What CARES is:

CARES operates as a safe, compassionate and accepting recovery-oriented sanctuary that honors all pathways to recovery. *We exist to put a face on recovery, build recovery capital and serve as a physical location where the local recovery community ability to CARE and RECOVER.*

CARES delivers peer-to-peer recovery support services using its volunteer force as the deliverers of these services.

#### What CARES isn't:

*CARES is not a treatment agency; it is not a 12-Step Club and it is not a drop-in center although aspects of all of these are apparent.*

CARES is not a place for people to simply hang out, watch TV, play cards or pool and attend a daily meeting. We are not seeking to duplicate existing resources. Yet, we will host specific social events.

CARES is not a drop-in center whose primary purpose is to refer and help people get into treatment. Obviously, people in need of help will enter CARES and we will do everything in our power to assist them.

### VOLUNTEERS ALWAYS NEEDED & WELCOMED!

- ◆ We engage in a participatory process.
- ◆ We listen to our membership and attempt to incorporate their suggestions.
- ◆ We promote the primacy of individual recovery.
- ◆ We continue to identify, nurture and develop leadership from within the recovering community.
- ◆ We ensure cultural diversity and inclusion.
- ◆ We look for opportunities for individuals to use their gifts and develop their strengths.

