

## Experience. Strength. Hope.

The Experience, Strength & Hope Recovery Center offers community supports that inspire, motivate, and guide young people in developing confidence, friendships, and purpose in their early recovery from drugs and alcohol. Our programs include a variety of educational and recreational opportunities tailored to supporting 15-25 year olds in recovery, their families, and other loved ones.

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*ESH Recovery Center is made possible by support from the Substance Abuse and Mental Health Services Administration (SAMHSA) and Prevention Links.*

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## CONTACT US

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# ESH Recovery Center

**EXPERIENCE. STRENGTH. HOPE**

A place for friendship, support, fun, and motivation.





## Recovery Community

Recovery is about so much more than just not using drugs and alcohol. It effects every area of your life. Wherever you are in your recovery journey, you are welcome at ESH Recovery Center if drugs and alcohol have impacted your life. We can help get you connect with services, mentorship, peers in recovery, and other supports.

### How it Works

Visit [www.preventionlinks.org/recoverycenter](http://www.preventionlinks.org/recoverycenter) to review our current drop-in hours, or call us to schedule an appointment. We will set you up with a membership that gives you access to our programs and services **free of charge**.

## PROGRAM OFFERINGS

Youth-Focused Support Groups  
 Sober Sports Leagues  
 Recovery Mentorship  
 Fun in Recovery  
 Educational Workshops  
 Family Support  
 Referrals and Case Management  
 Recovery Planning  
 Community Service Projects  
 And more!



### Our Team

ESH Recovery Center is run by a team of staff and volunteers who have lived experience of addiction and recovery. Some of us have been in recovery since our teenage years, and others are parents whose families were impacted by addiction. We offer peer support, which can complement any treatment or clinical services you have received or are currently engaged in. We have a licensed drug and alcohol counselor on staff who can assist with referrals and evaluations.

### Eligibility

To become a member of ESH Recovery Center, you must be:

- Between the ages of 15 and 24 years old
- In recovery from a substance use disorder
- Agree to abide by ESH Recovery Center's Code of Conduct
- Note: If under 18, parents must consent to their child's participation