

LiveWell Newsletter



Chants for Recovery

Are you in recovery? Are you seeking recovery support on campus?

Chants for Recovery provides a welcoming and inclusive environment for students in or seeking recovery from substance use disorders. We promote a nurturing campus and healthy community where recovering students can achieve academic and personal success.

– What We Offer –

- ▷ Engaging and understanding support
- ▷ A safe place for students in recovery
- ▷ Advocacy, information and referrals
- ▷ Opportunities to reduce stigma associated with substance use disorders and recovery
- ▷ Connections with other recovering students
- ▷ Recovery ally training

Contact: Tena Nardin, Assistant Director of Substance Use Education & Services, LiveWell Office to learn more!
 – tnardin@coastal.edu
 – 843-349-2766

To learn more about recovery through the LiveWell Office: youlivewellccu.com-The Shame and Addiction Bond

Also Follow the new Chants for Recovery Instagram Account:
@ccucfr

SEPTEMBER IS NATIONAL RECOVERY MONTH!



NATIONAL RECOVERY MONTH 2021

WHAT IS RECOVERY FROM SUBSTANCE USE DISORDERS?

Recovery is the process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential. (Embrace Recovery SC)

The 2021 National Recovery Month theme, Recovery is For Everyone: Every Person, Every Family, Every Community, reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together. Recovery Month will continue to educate others about substance use disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small but with strength, support and hope from the people we love. We are resilient.

Follow us on social media!

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