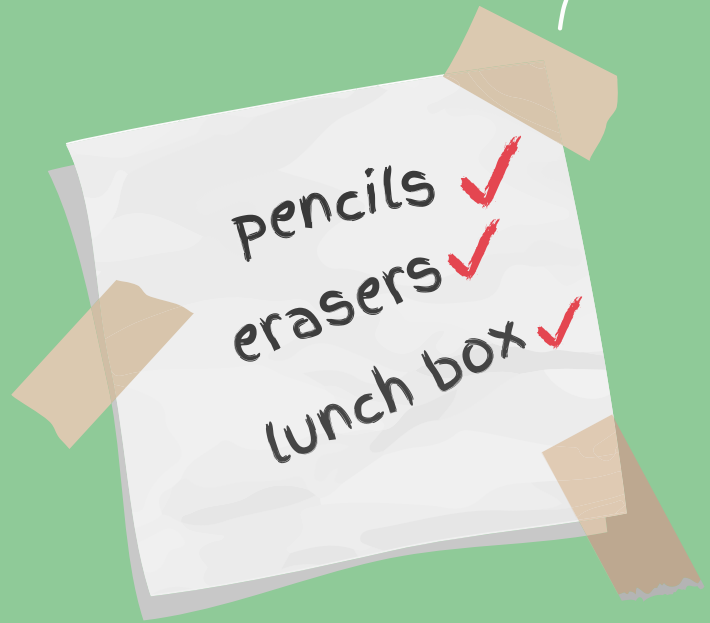
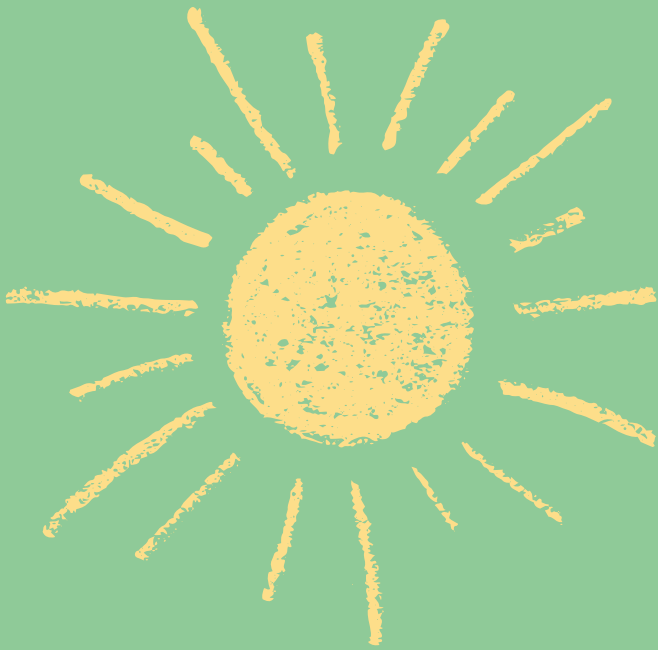


An Ounce of Prevention

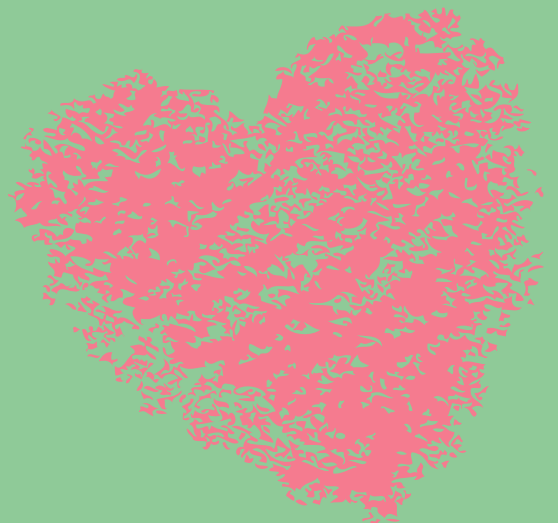
Back to School Edition

ACTION COALITION

138 E. Main Street / Mountain City, TN



2022



UPCOMING EVENTS:



ACTION OPEN HOUSE



TUESDAY, AUGUST 9TH

Come join us for an evening of community appreciation and refreshments!

ACTION OFFICE | 138 E. MAIN ST

1 2 3 4 5 6 7 8 9 10 11 12



First Day of School!



MONDAY, AUGUST 8TH

September Member Meeting

TUESDAY, SEPTEMBER 20TH

We are going back to in-person Membership Meetings!



For more info on how to become a Member with the coalition, contact us at 423-727-0780



HIGHLIGHTS: SUNFLOWER FESTIVAL:

On Saturday, July 4th our whole team participated in working the ACTION booth at the Annual Mountain City Sunflower Festival! Even though it was a rainy day we had a blast and were able to talk with folks from all over!



PREVENTION DAY:



On Saturday, July 16th we partnered with the Old Mill Ministries Backpack Giveaway at Ralph Stout Park for Prevention Day!



READ MORE

Recovery Minute

with Deanna Schroyer

Mark the Date!

Each September National Recovery Month honors the successes of people in recovery and the service providers and community members who make recovery in all its forms possible.

We hope you'll join the A.A.R.R.C. (ACTION Addiction Recovery Resource Center), and the ACTION Coalition for our one mile walk to celebrate National Recovery Month on Friday, September 23rd!

Keep an eye on the A.A.R.R.C.'s Facebook page: <https://www.facebook.com/ActionARRC>. We will publish more details about the walk and all the fun activities surrounding it, over the next month. This is also a great way to contact us if you aren't able, or ready, to call or stop by the ACTION office.

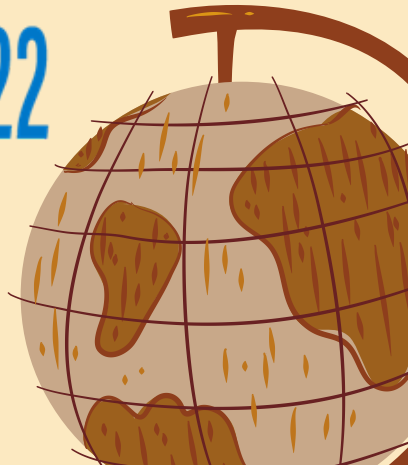
Meanwhile, please help spread the word: Recovery is for EVERYONE: every person, every family, every community. Recovery is for us all!

Visit National Recovery Month on Facebook: <https://www.facebook.com/RecoveryMonthFV>

For local resources, call us at the ACTION Coalition, 423-727-0780, or stop by the office at 138 East Main Street, Mountain City for more information.

* * * * *

Deanna is a & Certified Peer Recovery Specialist working as a Peer Support Recovery Coach at the AARRC, (ACTION Addiction Recovery Resource Center), a branch of the ACTION Coalition. She shares her recovery story and provides support as tools in helping others rediscover their strength and build their own recovery stories.



MENTAL HEALTH MOMENT

by ELIZABETH OSBORNE

Happiness Happens Month!

Happiness.

Many people think of this single word as means to an end or something that is a treasure to be found. A lot of times, happiness is seen as something attainable by saying “If only I had this...” or “If only my life looked like this...”. But what if I told you that was wrong? What if I told you that happiness doesn’t come from a relationship or a job or even money?

In short: Happiness is not the end of a road; it is found within the journey itself.

Speaking from personal experience, happiness is not something that you will stumble upon in the search for it. Constantly seeking it in material things does. not. work. So now you may ask “Then where can I find true happiness?” and to that, I can’t give you a straight answer because everyone’s journey is so different. But I can tell you this: Happiness can be found in the small moments of your life when you least expect it. For me, my happiness is found in the laughter of my child and the smell of the first days of autumn. I sometimes find it in a strong cup of coffee and the pages of my favorite books.

I learned not so long ago that my happiness comes easier when I learn to accept myself for who I am and not who I “think” I should be. I’ve also learned to accept that my life is still in motion; my goals don’t require a time limit so it’s okay that some haven’t been reached yet.

August is Happiness Happens month, so I wanted to share this with you to remind you that happiness isn’t bought or wrapped up in pretty bows. It just...happens.

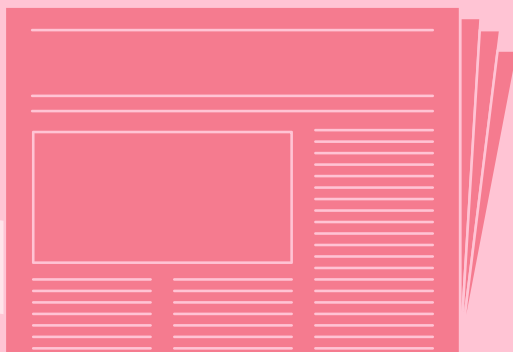
Stay well & stay happy!



Keep Up With Us!



Follow us on Facebook and Instagram!



Check out our weekly ads in the Tomahawk and tune in every Wednesday at 1:30 to WMCT to listen to our talk show!

TN

Department of
**Mental Health &
Substance Abuse Services**



A.C.T.I.O.N. COALITION
ALLIANCE OF CITIZENS TOGETHER
IMPROVING OUR NEIGHBORHOODS



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