

SOBRIETY SOUNDS

WHY WE EXIST

Why Sobriety Sounds?

By the time those afflicted with alcoholism and addiction reach recovery, it's common to feel irrevocably without purpose and without an instrument to use. Although we may have had long periods of time where our creativity appeared to play hand in hand with our substance use, we at Sobriety Sounds are here to demonstrate that substance use is NOT required to be creative.

As a result of our use, we may find ourselves lost, misplaced, or feeling without purpose. It is not uncommon to find it difficult to write and play instruments with the same ingenuity or artistry as we once did.

Many of us become distraught, feeling depleted of inspiration to the point of agitation and internal torment. Society may decorate space with paintings and pictures, but music is the brush we use to illuminate time. It is how we speak to the world. Without it, we confine ourselves into a silent dominion, void of motivation and drive. Without it, we forfeit our voice.

Sobriety Sounds aims to help bring back that voice.

We understand that the transition into recovery can be arduously difficult in nature. We are available as a resource to the recovery community to help with the creative development of musicians and creative writers alike. Our organization is here to supply encouragement by making instruments and music classes accessible to those who communicate through creativity.

Our goal is to help individuals gain, restore, and retain their musical ability by providing a sober space where learning and productivity prevail in the face of adversity. We desire a collective shift in thinking; a reversal of our old ways and a path toward unlimited potential. Whether an individual has never picked up an instrument before or has years of experience... whether looking to practice and write on their own or perform in a group...

Sobriety Sounds is here to help individuals overcome an old way of thinking, which we hope will bring in a wave of increasing success and victory over alcohol and substance abuse with the help of music.

Key Metrics

1. Give 12+ instruments per year to people in addiction recovery
2. Host 8 music education & creative writing classes per month
3. Be open for 60+ hours a week
4. Facilitate 48+ paid gigs per year to musicians in our network

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Sobriety Sounds Like US

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