

ACW

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NEWSLETTER

July
2025

Alumni in Recovery Celebration

This month, we were grateful to welcome Regina (33 years in recovery) and Maya (3 years in recovery) back to Miracle House to share their journeys with our residential clients.

Regina recalled moments like driving to meetings in a van with a door that had to be held shut and the powerful lessons she learned here. She shared how those lessons, including the guidance of her sponsor, have helped her stay clean no matter what — even through life's most difficult moments, including grief and the loss of family members, such as her son.

Maya, now an ACW Counselor, also shared about her path and the tools that help her maintain her recovery today. She spoke about the importance of building healthy routines, staying connected to a support network, and continuing to grow even after leaving treatment.

The women in our residential program shared how meaningful it was to hear from alumni who have walked the same path and found lasting recovery, and they also took a moment to celebrate their own recovery journeys — whether they had been in the program for just a week or several months — with a slice of cake that everyone enjoyed, making the celebration even sweeter.

Both women's stories were a reminder that recovery is possible at every stage, and that the foundation built at ACW can last a lifetime. We are so grateful to Regina and Maya for bringing hope, encouragement, and living proof of what's possible to the women currently in our program.

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Growth You Can Taste 🌱

There's something special growing at ACW — and it's more than just plants. Our garden is thriving this summer, with juicy watermelons making their debut and new creative expansions taking root!

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reconnect with nature, practice mindfulness, and experience the healing power of nurturing life. Every seed planted represents growth, hope, and the journey of recovery -- one day at a time.



What Treatment Really Means

Treatment at ACW is about building community, fostering connection, and supporting the whole person. Many of the women we serve are healing from more than addiction; they're also navigating trauma, mental health challenges, and rebuilding their lives from the ground up.

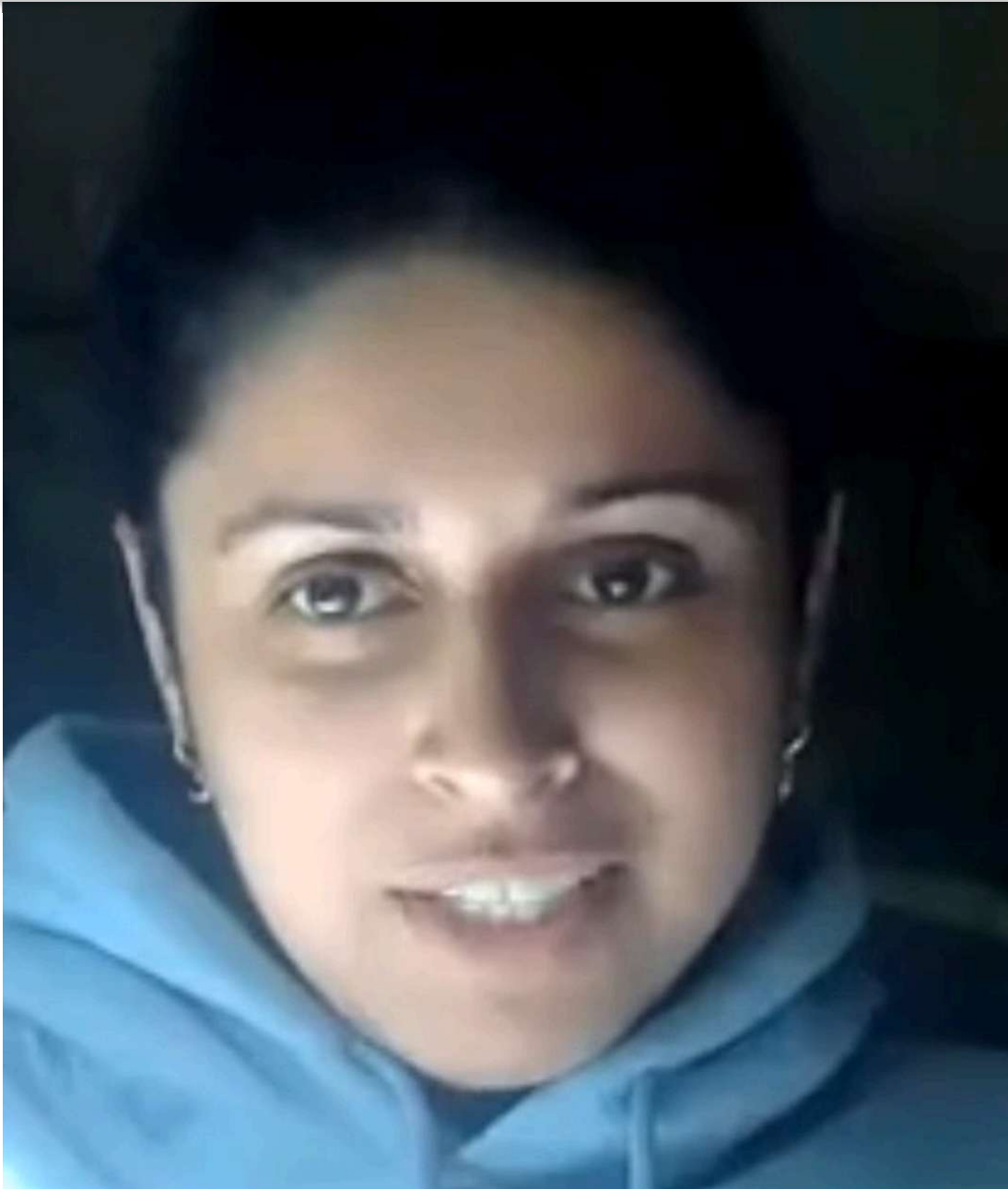
Our programs are designed to meet women where they are, offering care that's compassionate, comprehensive, and rooted in community.

👉 Click below to learn more about how social support enhances recovery.



[READ ARTICLE](#)

Alumni Spotlight: Sarah 🌟

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This month, we're honored to spotlight Sarah Khan, an ACW alumna whose recovery journey began in 2021. After reaching a breaking point during a difficult time, Sarah found her way to ACW through an unexpected moment of hope — overhearing someone mention our program during a 5150 hold. That spark led her to a life-changing decision to enter treatment.

During her 90-day stay, Sarah immersed herself in the ACW community, taking on responsibilities like kitchen coordinator, bathroom supervisor, and house secretary. She even revamped the binder system used in the house. She later continued her recovery journey in our outpatient program via Zoom during the height of the pandemic.

Sarah says the most impactful lesson she learned was to “feel your feelings.” Rather than reacting impulsively to discomfort, she discovered the power of sitting with emotions and developing healthy coping skills like coloring, meditation, and staying on a structured daily schedule.

different stages of engagement — especially as someone who had voluntarily entered treatment. She also shared the difficulty of being away from her loved ones during COVID restrictions.

Now, three years later, Sarah continues to use the tools she learned at ACW — including meditation, and daily check-ins with her sponsor — to maintain her recovery. Her advice for anyone struggling?

“Build a community. You never know who just wants to see you succeed.”

Thank you, Sarah, for your honesty, your heart, and for reminding us all that healing is possible — one day at a time. 💜

SHEROES

Kelley Carroll, MBA - Board member

Kelley has been a dedicated member of our board for years, and we are so grateful for the heart, expertise, and generosity she brings to our mission. With her talent in all things marketing and communications, Kelley plays a vital role in helping us share our story and connect with our community.

She is always ready to offer thoughtful guidance and unwavering support. Her selfless service, genuine enthusiasm, and long-standing commitment are a true inspiration to us all. We are incredibly blessed to have Kelley on our board.



Alicia Fong - LPHA, Outpatient

Alicia Fong has been doing an outstanding job as an LPHA for our Outpatient Program, consistently

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presence to the team. Her reliability and dedication help ensure that our work runs smoothly, and her expertise shines through in every aspect of her role.

Alicia approaches each task with care and precision, going above and beyond to support both her colleagues and the clients we serve. We are truly grateful for Alicia's commitment, skill, and the genuine compassion she brings to our mission every day.

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Carolyn's Resources

RESOURCES

SUPPORT OUR MISSION

♥ Help Rebuild Hope ♥

What if just **\$5 a month** could help change a woman's life *and* rebuild a space for healing?

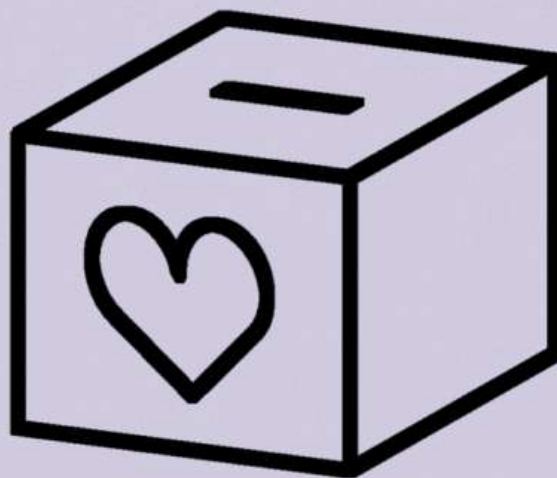
By joining our **\$5 Club**, you're not just supporting substance use recovery — you're also helping us restore our historic **Carriage House**, which will create more beds and

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That's less than your favorite latte — but it makes a lasting difference in someone's journey.

☀️ Be part of something bigger.

Healing happens one step — and one generous heart — at a time.



donate today

MAKE DONATION

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Calling All ACW Alumni! 🎉

We are inviting all our alumni to join us! We want to celebrate your sobriety birthdays! Come celebrate your milestones, share inspiration, and enjoy some delicious cake with the ladies of our Miracle House.



ACW ALUMNI

JOIN US

TO CELEBRATE
YOUR SOBRIETY BIRTHDAY

WE'LL BRING THE CAKE, YOU BRING THE INSPIRATION!

JOIN US TO INSPIRE CURRENT MIRACLE HOUSE RESIDENTS WITH YOUR STORY OF RECOVERY AND HOPE.

PLEASE EMAIL US AT [INFO@ACWLA.ORG](mailto:info@acwla.org) IF YOU ARE INTERESTED

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You're invited to participate

At ACW, we believe every woman deserves a chance to begin again. We're collecting visions of hope, healing, and new beginnings — and we want yours.

ONLINE COMMUNITY:

💬 Comment on our Instagram or Facebook post:
“What does your fresh start look like?”

📷 Or post your own image or quote and tag us @ACW

🏷️ Use the hashtag **#FreshStartACW**

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We look forward to connecting



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