

CRC STAFF AND FACULTY SUPPORTERS



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Campus Minister
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RESOURCES

University Counseling Center

- » 314-977-TALK

SLU Wellness

- » 314-977-6358

Student Health Services

- » 314-977-2323

Disability Services

- » 314-977-3484

Alcoholic Anonymous

- » 314-647-3677

Al-Anon

- » 314-645-1572

SOBER @SLU

A collegiate recovery community



Transforming Youth Recovery
One Community, One School, One Student At A Time



<http://pip.missouri.edu>

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Visit us at
slu.edu/recoverycommunity
or
facebook.com/SoberatSLU

University Counseling Center
Wuller Hall, 2nd Floor
314-977-TALK

WHO WE ARE

The Saint Louis University Counseling Center offers a Collegiate Recovery Community (CRC), which provides recovering students and allies a safe and welcoming support network while balancing their education and recovery.

The CRC welcomes all students regardless of background, ethnicity, sexuality, gender and recovery status.

OUR MISSION

The mission of the CRC is to support students and allies actively engaged in recovery and help them achieve their academic, personal and professional goals while participating in the collegiate experience - all free from addiction. By nurturing the whole student, the CRC endeavors to encourage individuals to achieve a higher standard for themselves, in and beyond their program of recovery.



WHAT WE PROVIDE

Fellowship

A safe place to hang out, study or just relax.

Community

Support from alumni, faculty, staff, other students that are committed to their own recovery and allies who are living an addiction-free life and want to help others do the same.

Achievement

A place for personal growth, accountability and academic support.

GET INVOLVED

All are included in our CRC, whether it is a year-long commitment or attending a single event. We are a warm and welcoming group and there are no obligations or long term agreements are involved.

The only requirement is that you are alcohol and drug free when you participate.

"The feeling of having shared in a common peril is one element in the powerful cement which binds us."

-Alcoholics Anonymous - Big Book

MEETINGS

The SLU Recovery group meets weekly to support each other, plan events and build community on and off campus. We strive to protect **anonymity** and **confidentiality** to create a safe place to enable students to participate within their comfort level.

Who can come?

- » You're in 12-step recovery (AA, Al-Anon, ACOA)
- » If you're questioning your use
- » You have a family history of alcoholism
- » You are an ally to people in recovery
- » If you're sober-by-choice
- » Even if you're just curious

SOCIAL FUNCTIONS

Getting together with others is vital to building community and fellowship among sober students, allies and the whole SLU community. We are always looking for new community-building ideas and here are a few we like to do together:

- » Bowling
- » Pizza and a 12-step meeting
- » Movie
- » Service projects