

KCRC Surviving the Holidays Resource List

1. [Registry of Recovery Housing](https://tinyurl.com/RecoveryHousingRegistry) - <https://tinyurl.com/RecoveryHousingRegistry>
2. [Rental Assistance Resources](https://tenantsunion.org/rights/rental-assistance-resources) - <https://tenantsunion.org/rights/rental-assistance-resources> or call at (206) 723-0500
3. [Order Free Narcan - PHRA](http://phra.org/naloxone) - <http://phra.org/naloxone> or call at (206) 775-9472
4. [How to manage the holiday season with alcoholism and addiction](https://www.courierherald.com/news/how-to-manage-the-holiday-season-with-alcoholism-and-addiction/) - <https://www.courierherald.com/news/how-to-manage-the-holiday-season-with-alcoholism-and-addiction/>
5. [10 Tips for Staying Sober During the Holidays](http://www.recoveryanswers.org/assets/Edits-10-Tips-for-Staying-Sober-During-the-Holidays.pdf) - <http://www.recoveryanswers.org/assets/Edits-10-Tips-for-Staying-Sober-During-the-Holidays.pdf>
6. [Trying to Stay Sober This Holiday Season? We've Got You Covered](https://www.hazeldenbettyford.org/articles/tips-for-enjoying-sober-holidays) - <https://www.hazeldenbettyford.org/articles/tips-for-enjoying-sober-holidays>
7. Watch Zak Williams, son of late Robin Williams, share his thoughts on finding help and hope for both mental health and substance use crisis. [#988Lifeline](https://www.facebook.com/watch?v=822266422217072) <https://www.facebook.com/watch?v=822266422217072>
8. [Peer Seattle](https://www.peerseattle.org/) - <https://www.peerseattle.org/> or call at (206) 322-2437

Peer Seattle is a non-profit corporation that cultivates powerful, healthy lives by providing peer emotional support and development services to the LGBTQ community and their allies embracing issues of mental health, chemical, and behavioral addiction, and chronic illness.

9. [Peer Kent](https://www.peerkent.org/) - <https://www.peerkent.org/> or call at (253) 277-4942

Peer Kent cultivates powerful, healthy lives by providing peer emotional support and development services to the South King County community impacted by addiction and/or mental health with additional focus on justice-involved individuals and families.

10. [King County Recovery Coalition](https://kcrecovery.org/) - <https://kcrecovery.org/>

King County Recovery Coalition is a regional coalition of the Washington Recovery Alliance. KCRC advances substance use recovery and mental wellness by changing public understanding of behavioral health conditions and advocating for pro-recovery policies in King County.

11. [Hope N Wellness](http://www.hopenwellness.org/) - <http://www.hopenwellness.org/> or call at (360) 540 5104

Hope N Wellness is a community center in Everett that offers licensed and certified peer support & counseling. Experienced in reentry, trauma-informed care, substance use, mental health, and more.

12. **Oxford Recovery House** - call at (253) 332-3203



SULLEY OXFORD HOUSE

CLEAN AND SOBER LIVING FOR
WOMEN SERIOUS ABOUT RECOVERY!

(Only blocks from outlet mall and Walmart)
affordable monthly cost (\$650)
Non-refundable \$250.00 move in fee

325 5th ave,
Algona, WA
98001

WHAT WE OFFER:

- Clean and sober living environment
- Furnished rooms
- Cleaning supplies
- 24 hour peer support
- computer and internet
- in house laundry
- cable tv
- all utilities included

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home.

For more information about sulley Oxford house
and to schedule an interview please call:
(253)332-3203

**PLEASE TAKE A PICTURE
AND LEAVE THE FLYER :)**

13. [Friends Without Homes](https://m.facebook.com/worthsavin/) - <https://m.facebook.com/worthsavin/>

If you are experiencing homelessness and need resource navigation or sleeping equipment, please contact Friends Without Homes at 360-386-5915.

14. [Cowlitz Tribal Health Services](https://www.cowlitz.org/services/health-and-human-services/health-human-services-seattle.html) -

<https://www.cowlitz.org/services/health-and-human-services/health-human-services-seattle.html>

Cowlitz Indian Tribe's Health and Human Services Division offers a program for eligible Native children and families, providing high-quality, culturally-informed behavioral health services to the King County, Pierce County, Thurston County, and other regional Indian communities.

15. [Mother Nation](https://mothernation.org/) - <https://mothernation.org/> or call at (206) 722-2321

Mother Nation is a non-profit organization offering cultural services, advocacy, mentorship, and homeless prevention services to celebrate and inspire the success of Native American women.

16. [Washington Recovery Helpline](https://warecoveryhelp.wpengine.com/) - <https://warecoveryhelp.wpengine.com/> or call at 1 (866) 789-1511

Washington Recovery Helpline is a program of Crisis Connections. They offer an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge.

17. [AL-ANON Family Group](https://wa-al-anon.org/meetings/) - <https://wa-al-anon.org/meetings/>

List of AL-ANON meetings across Washington state for family members and loved ones of people experiencing addiction.

18. [Pacific NW NAR-ANON](https://www.naranonpnw.org/copy-of-find-a-meeting-1) - <https://www.naranonpnw.org/copy-of-find-a-meeting-1>

List of meetings for this twelve-step program for friends and family members of those who are affected by someone else's addiction.

19. [StrongHearts Native Helpline](https://strongheartshelpline.org/) - <https://strongheartshelpline.org/>

1-844-7NATIVE (762-8483) is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

20. [Chief Seattle Club](https://www.chiefseattleclub.org/) - <https://www.chiefseattleclub.org/>

Chief Seattle Club is a Native-led housing and human services agency. We believe that a world without homelessness is possible by leading with Native values. They provide sacred space to nurture, affirm, and strengthen the spirit of urban Native people.

21. [Seattle Indian Health Board](https://www.sihb.org/) - <https://www.sihb.org/> or call at (206) 324-9360

Seattle Indian Health Board is a community health center that provides health and human services to its patients, while specializing in the care of Native people.

22. [Services for American Indians and Alaska Natives](#) -

<https://www.dshs.wa.gov/bha/services-american-indians-and-alaska-natives>



This time of year can be tough for those who've lost a loved one to suicide. You're not alone in your crisis this season.

Resources

<https://namiseattle.org/support-resources/resources/>

Download their Roadmap to Mental Health

<https://namiseattle.org/nami-seattle-support-groups-other-community-groups/>

Holidays activity/tip sheets

<https://centerstone.org/our-resources/health-wellness/10-tips-to-combat-substance-use-during-the-holidays/>

<https://www.victorybayrecovery.com/resources/blog/10-ideas-for-making-sober-holiday-traditions/>

<https://www.thediscoveryhouse.com/the-12-days-of-recovery-activities-for-a-happy-holiday/>

<https://therecoverybook.com/sober-holidays-2014-1/>

<https://aionrecovery.com/articles/10-free-sober-activities-holidays/>

<https://www.psychologytoday.com/us/blog/understanding-addiction/202111/supporting-those-in-recovery-during-the-holidays>

https://www.huffpost.com/entry/set-boundaries-others-holiday_161ae7bdde4b0eb351707a386?d_id=5287251&ref=bffbhuffpost&ncid_tag=fcbklnkushpmg00000063&utm_medium=Social&utm_source=Facebook&utm_campaign=us_main&fbclid=IwAR3uA1EcI3XIDdMFw0LEZdjI3pcdV55mHpXj_86Rq5mIO-StER7IbvG45XM

Additional Resources

Narcotics Anonymous <https://www.na.org>

Alcoholics Anonymous <https://www.aa.org>

In the Rooms <https://www.intherooms.com/home/>

Meetings, articles, resources

King County Behavioral Health and Recovery Division

<https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse.aspx>

Public Health -Seattle King County <https://kingcounty.gov/depts/health.aspx>

Meditation scripts/guided meditations

https://www.huffpost.com/entry/meditation-tips_b_1097870

<https://thedailymind.com/monday-meditation-let-go-of-holiday-stress/>

<https://www.refugerecovery.org/meditation-scripts>

<https://recoverydharma.org/resources/meditations/>

<http://soulrecovery.org/resources/audio-drop-meditations.html>

<https://healingbrave.com/blogs/all/easy-meditations-for-the-holidays>

<https://lightenthedark.com/winter-meditation-script/>

How to Develop Your Own Gratitude Ritual

Try these tips to help you cultivate a fulfilling and impactful gratitude ritual:

- 1) Sit comfortably, close your eyes, and take several slow, deep breaths.
- 2) Think of something good that has happened to you recently.
- 3) Think of a person or animal you love.
- 4) Think of an occasion when you were honored or appreciated by others.
- 5) Think about your present situation and what is going on in your life. (Rodrigues, 2017)