



# LIGHTHOUSE

## Treatment Center

### **Softball for Sobriety: When It's More Than Just Scoring a Home Run**

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Anaheim, California - Every Wednesday evening, a motley crew of players composed of alumni residents and staff of Anaheim Lighthouse, an addiction recovery facility in Southern California, get together to play against other local softball teams in the City of Anaheim Adult Softball League. What's unique about this team is that the members are not athletes nor have they've played together for a long time. What they all have in common, though, is that they have all been working together to help one another regain long-term sobriety.

Mitchell E., a former resident of Anaheim Lighthouse shared that being part of the softball team has given him something to look forward to in his life. He said that he felt an amount of pride for himself knowing that he was representing something as wonderful as the people from Anaheim Lighthouse.

"The softball team has given me purpose throughout the week knowing I'm a part of something bigger than myself. Just by putting my Lighthouse shirt on, I feel like I'm no longer the person I used to be. The feeling gives me a certain hope that I do have the chance to create a new future. Not only does it give me accountability but being involved with these teams has also given me leadership roles I have always strived for in my life," said Mitchell.

More than scoring home runs and winning games, the Anaheim Lighthouse Alumni Program included softball in its roster of activities to provide an opportunity for its former residents to develop fellowship and network with like-minded people who are trying to build a new life beyond addiction. It is also a chance for Anaheim Lighthouse alumni to integrate themselves back into the community.

According to Mitchell, he values this opportunity to develop deeper friendships with his teammates during the tournament. "The fellowship I have with my friends is something I wouldn't trade for anything in this world. I am thankful to everyone who makes these opportunities available for me and my friends to bond. I wouldn't be the same person without alumni and the sports teams we have," added Mitchell.

Another Anaheim Lighthouse alumni Samantha W. agreed with Mitchell saying that while the team may not have won many games, the members all grew a little closer.

"Softball alumni was amazing! I got to see the hard work everyone put in and towards the end, all the practice pays off. It was so much fun—the banter back and forth, the support we all had for one another, and the laughter. Even alumni who weren't playing came to cheer us on," said Samantha.

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For more information about Lighthouse Treatment Center, contact the company here: Lighthouse Treatment Center  
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## Lighthouse Treatment Center

*Lighthouse Treatment Center is a complete-care drug and alcohol detox and addiction treatment facility in Orange County, California, and has helped over 20,000 people recover from alcoholism and substance abuse over 20 years of business.*

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