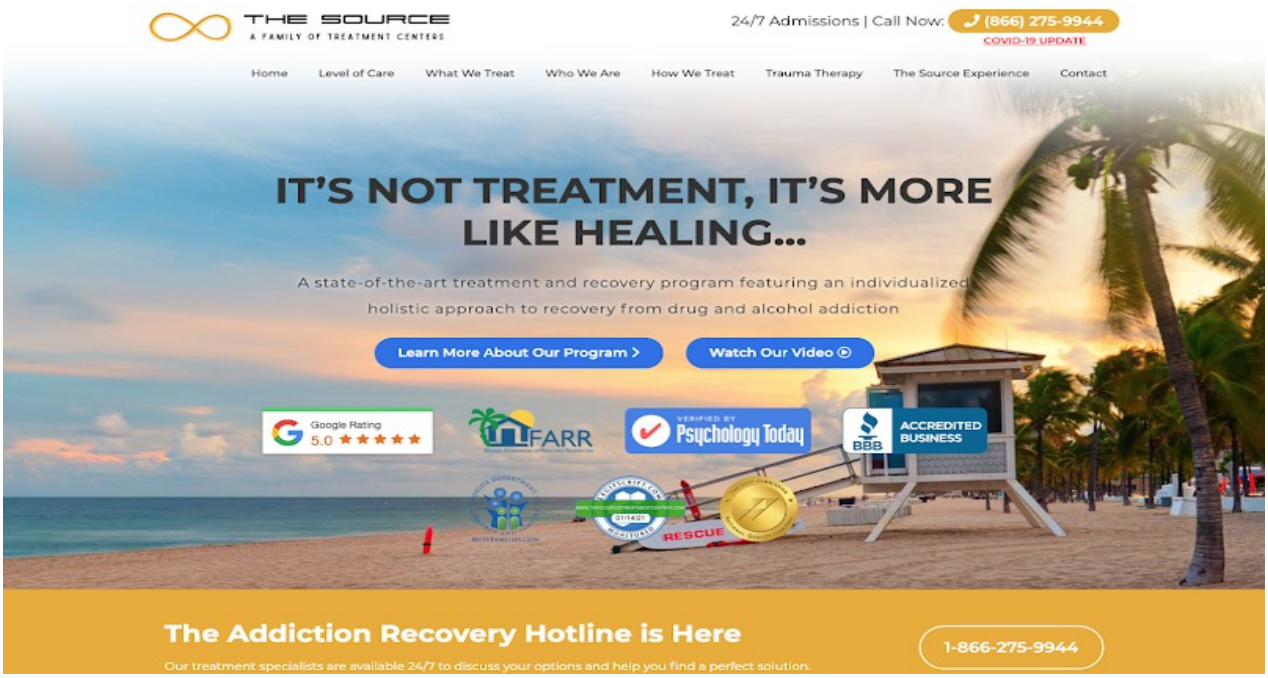


The Source Addiction Treatment Center in Fort Lauderdale Celebrates National Recovery Month

September 24, 2021

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Fort Lauderdale, FL - Each September, National Recovery Month aims to increase awareness of substance abuse and mental health disorders and also to encourage those in need of treatment to seek help. This year?s theme, ?Recovery is for Everyone: Every Person, Every Family, Every Community?, celebrates all people in recovery and also honors those who work diligently to provide the treatment, education, and support services that make recovery from addiction possible. National Recovery Month provides a platform for open, inclusive dialogue about all things recovery and encourages a strong sense of community.

The path to recovery can be painful and difficult, especially at the start. But all the dedication and hard work add up to a life that?s free from addiction and full of potential. Addiction experts agree that recovery successes, large and small, are something to celebrate! National Recovery Month is about celebrating recovery and all the positives that come with it. Sharing successes with others who can relate is both empowering and inspiring. It helps to build a sense of community and reinforce the lessons learned along the way.

According to The Source, a leading addiction treatment center in Fort Lauderdale, Florida that?s joining the voices of National Recovery Month, a sense of connection and community is vital to addiction recovery. The Source?s philosophy is built upon the foundation that everyone is treated as family. ?Everyone, including our staff, addiction counselors, and clients, is treated as equals, as family members, with the love and respect and dignity that we all deserve,? a Source spokesperson said.

Sharing the recovery journey with others is an important part of building a strong and supportive sober community for anyone in recovery. The Source recently published an article outlining healthy and positive ways to celebrate achievements along the way.

Celebrating with friends and family is essential to continued growth and healing in recovery. Spending time with loved ones provides a foundation of support and understanding and improves mood.

Self-care may be an unfamiliar topic for someone who?s struggled with addiction for a long time and learning to value themselves again, but learning how to fulfill one?s own needs for love and care is both an important part of recovery and a healthy way to celebrate. Self-care means different things to different people. It can include getting a massage, going to a yoga class, practicing mindfulness, going for a walk, taking a shower, eating a healthy meal, getting enough sleep, or anything that makes a person feel restored and content.

Another way to celebrate recovery is by giving back to others. Volunteering or supporting a cause gives a sense of purpose and can engender a sense of gratitude.

Celebrating with a support community is another great way to recognize achievements. For most people, recovery involves continuing involvement in support group meetings. Attending AA, NA, SMART Recovery, or other meetings and sharing successes with them is uplifting for everyone involved.

The Source is committed to helping spread awareness and decreasing the stigma associated with seeking treatment for addiction. During recovery month, and always, they are busy advocating for people at all stages of the recovery journey and providing compassionate and effective care.

For anyone who?s struggling with addiction or concerned about a loved one, a treatment specialist can be reached anytime 24/7 at (800) 204-0418. To learn more, or to chat online, visit www.thesourcetreatmentcenter.com.

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For more information about The Source Treatment Center, contact the company here:The Source Treatment Center(800) 204-04181730 E Commercial Blvd, Fort Lauderdale, FL 33334

The Source Treatment Center

The Source Treatment Center is the #1 addiction treatment center in Fort Lauderdale, Florida. Specializing in alcohol, rx and drug rehab. We are excited to help everyone who calls or walks through our doors.

Website: https://www.thesourcetreatmentcenter.com/

Phone: (800) 204-0418

