

WhiteSands Alcohol and Drug Rehab Celebrates Thanksgiving with Clients and Staff

November 24, 2021

TAMPA, FL - November 24, 2021 -
Plant City, FL - Thanksgiving is a time when people take stock of all the things they're truly grateful for in life. For people in recovery from addiction, having overcome substance use disorder, and the support that helped them get there, are often at the top of the list. This year, WhiteSands Alcohol and Drug Rehab is helping their clients and staff give thanks with a full roster of Thanksgiving Day activities.

Holidays like Thanksgiving can be significant triggers for people who?ve been struggling with addiction. Spending the day in treatment provides opportunities to explore the difficult emotions of the day in a safe and supportive environment.

Throughout the day, group meetings will take on various Thanksgiving-related themes with topics like gratitude, sobriety and holidays, self-forgiveness, creative expression, and self-esteem.

The themes of the various group sessions aim to address some of the thoughts that are likely to be on

patients? minds as they remember Thanksgiving from their past. These sessions also encourage cultivating a sense of gratitude and the uplifting perspective gratitude can bring.

Of course, the day would not be complete without a traditional Thanksgiving feast. All the holiday favorites will be served- smoked turkey, stuffing, glazed carrots, mashed sweet potatoes, cranberry sauce, apple and pumpkin pies, and dinner rolls.

People in recovery know that overcoming addiction is not a solo act but something that requires a great deal of compassion and support. Active engagement in a close knit community is an important part of maintaining long term sobriety. Events like WhiteSands? Thanksgiving celebration help people feel connected to one another and have fun in new ways that don?t involve alcohol and drugs.

WhiteSands was recently ranked the #1 addiction treatment center in Florida by Newsweek Magazine for the second year in a row. Their network of inpatient and outpatient rehab locations throughout the state will help hundreds of people have a happy Thanksgiving.

Anyone in need of help with addiction can speak with a treatment specialist at any time by calling (877) 640-7820. Visit www.whitesandstreatment.com to learn more.

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WhiteSands Alcohol & Drug Rehab Tampa

Tampa's #1 Addiction Treatment Center in Tampa Florida for treating prescription, alcohol and drug addiction. Private rooms, amazing amenities, world-class recovery results.

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