

Lighthouse Treatment Center Hosts Heartwarming Friendsgiving for Alumni

December 09, 2024

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Anaheim, California - The Lighthouse Treatment Center, a premier drug and alcohol addiction treatment center in Anaheim, California brought warmth, connection, and holiday cheer to its alumni by hosting a special Friendsgiving event on Saturday, November 23, 2024. This annual gathering aimed to promote a sense of community among those in recovery, offering the facility's alumni a safe and welcoming space to celebrate the season.

The event saw former clients gathering at the Lighthouse facility to share a traditional Thanksgiving meal. The evening was filled with laughter, heartfelt conversations, and gratitude as attendees reconnected with old friends and made new ones. Alongside the meal, the event featured thoughtful moments of reflection on the progress and strength of those in recovery.

Peter Davidson, President of the Lighthouse Treatment Center, spoke about the importance of creating a supportive environment during the holidays. ?The holiday season can be a time of joy, but for many people in

recovery, it can also bring challenges. Events like Friendsgiving are important in reminding our alumni that they?re not alone and that they are part of a caring, supportive community. We want our alumni to know the Lighthouse will always be a safe space where they can celebrate and find encouragement.?

For Alumni Coordinator Heidi Hunter, organizing the event was an opportunity to bring people together in a meaningful way. ?Friendsgiving was a wonderful gathering. It warms my heart to see so many alumni coming back to share their journeys and reconnect with each other. Events like these create a family atmosphere, and it?s clear our alumni cherish these moments to celebrate life together.?

Hunter also emphasized how this event was just one part of an ongoing effort to deepen connections within the alumni program. ?This is just one of the many ways we support our alumni. As we approach the end of the year, we?re thrilled to host more alumni events to keep the community growing strong. Whether it?s holiday celebrations, outings, or simply check-ins, we want everyone in our program to know they?re always welcome and supported.?

The holiday season can be particularly challenging for individuals in recovery. Feelings of isolation, memories of past struggles, and the pressures of familial and social gatherings may trigger emotional stress. For those without strong support systems, the holidays can feel especially lonely. Events like Friendsgiving provide an opportunity to ease those feelings and remind attendees that they can experience joy and connection while staying focused on their recovery goals. By creating a sense of unity, these gatherings offer a reprieve from stress and a reminder that no one has to face the holidays alone.

Jamie Ortiz, an alumnus of the Lighthouse program, expressed deeply personal gratitude for the event. ?As someone who is not much of a people person, I have to say that being part of the Friendsgiving event truly opened my heart to the family I?ve found through the program. For those of us in recovery who don?t have a lot of family or friends, the Lighthouse alumni group provides a comforting, safe space. It?s an incredible group," shared Ortiz.

Ortiz also thanked Heidy Hunter who organizes the events, saying they are fortunate to have someone like her at the Lighthouse Treatment Center. "Heidy has a way of bringing everyone together, and I feel so blessed to share this journey with others in recovery. Celebrating a holiday with people who share similar goals and experiences made it so much more meaningful. Thank you for hosting this event?I finally didn?t feel alone, and I?m incredibly grateful!"

The Friendsgiving gathering at the Lighthouse Treatment Center is a testament to the power of community in recovery. This heartfelt celebration not only strengthened bonds among alumni but also reinforced the message that recovery is built on connection, understanding, and collective support.

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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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