

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change we seek." – Barack Obama

RRAM Puts On A "Creative Reset"



We are incredibly excited to introduce Recovery Resources of Atlanta Midtown's newest program, Creative Reset! Our goal for Creative Reset is to be a program that features a collaboration of youth from Midtown Atlanta organizations, including Covenant House, Sound Education Experience, GA State Jazz program, and more! We are committed to bringing innovative, artistic and creative programming to the Atlanta midtown community. There's more to come so be sure to stay tuned for future events and creative

workshops!



The pictures shown above are from our first ever Creative Reset where 39 individuals came out and participated .

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Success at the MLK 5K RUN



Not only was January 20, 2020 a day to celebrate Martin Luther King, Jr. but it was also a day for fundraising and fitness! Covenant Community participated in the annual MLK 5K walk/run at Piedmont Park where many of our residents completed the run as well as received a race day T-shirt and a bag full of surprise offers. This special fitness day was also a fundraiser for Atlanta area schools, churches, community organizations and businesses. We had a really good time, and look forward to participating in next year's race!

COVENANT RESIDENT OF THE MONTH **CARLOS**



How has CCI helped you with your recovery?

First of all I'm staying sober, and it showed me new ways to have fun, helped me build people skills and make friends in the process.

What have you learned the most since being at Covenant?

Humility! I've learned it's not just about myself, but it's also very helpful to help others.

What has been your fondest memory here at Covenant?

Getting to help out at the Thanksgiving dinner and feed the homeless. It felt so great to give back, a feeling like no other, and it definitely opened my eyes.



FUN FACTS

What music do you like?

A mix of everything from classical to rap.

Celebrity Crush?

Beyonce! #Beyhive

Last show you binged watched?

Gotham

What would you tell your 10-year old self?

Listen to your elders, because I didn't at that time.

Why do you like participating in Back On My Feet?

I like running, and I like the whole concept of the program. They also give really good hugs!

One thing you can't live without?

My son.

Favorite Song:

"Thinking Out Loud" by Ed Sheeran

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From Our Clinical Director, Merceline Mutiso:

"Carlos is the resident of the month! He is the son of Tara who owns several Huddle Houses and is no stranger to giving back. He is the father of a 1 y/o son. Carlos was eager to get well so he could be the father his son deserves. Since his arrival to Covenant on 11/4/19, he has been tenacious with holding onto Covenant Community's values, culture and any skills we had to offer. After quickly acclimating himself to the new resident handbook, he began to teach it to our new residents to offer them a strong foundation for success in the program. Carlos is gentle and caring and at the same time assertive and a hard worker. We are so delighted to have him with us and strongly believe that his son will be blessed to have him as his father. Much love and admiration for you Carlos!"

A BLAST FROM THE PAST: DALTON



Once Covenant Family, always Covenant family! Over the years, we have had the pleasure of being a resource for hundreds of great men. It's always good to hear from them to see how they are managing life beyond Covenant Community. Dalton, a former resident, gave us an update as well as a reflection on his time at Covenant:

"My time at Covenant Community taught me so many things, but most of all it taught me that life is so amazing! I used to think I needed some kind of drug to deal with things that go on in everyday life. Everything was ultimately an excuse for me to return to a substance. Covenant gave me the time and support to find and choose the man I wanted to be. They helped me set goals, and grow as I achieved each of them. I was able to be a part of something again and create a network of life long family and friends. Since leaving Covenant, I have started a new full time job as an electrician. I am currently living with family but am looking for an apartment for my son and I who I spend my off days and any other time I can fit in my week with. My life has never been better!

To all the residents currently at CCI: If I could tell you one thing it would be to take this time to focus on YOU! Figure out exactly what you want to do and DO IT! Because if I can do it, so can you!"

Keep it up, Dalton! We are so proud of you!

