

## **Renee's Story**

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By Renee W.

My name is Renee W. I'm a 26 year old female, I have been using heroin for 7 years. I have never been married but I do have a child. Before coming to Cooper Fellowship I had been in two other residential programs, I was discharged for using heroin in the last program. I was referred by parole to Female Offender Treatment Project and was given five days to enroll. I contacted Bert Mendoza at FOTP he referred me to detox and at completion he placed me at Cooper Fellowship. I learned at Cooper how to cope with my feelings and how to handle my emotions. I feel I am growing in my recovery. I am able to share openly and truthfully. Participation is a big help for me, I share about myself even when I don't feel like doing so. I accept myself and others, learning to follow simple rules. I started with baby steps and am now starting to walk tall with bigger strides. I also try to be grateful for the little things I have and not think of the things I don't have. I am happy and I feel greater things are to follow as long as I stay clean and sober in this program of recovery. My plan at completion was to go back home, I have learned my choices are not always the right ones. Cooper Fellowship and FOTP have pointed that behavior out to me, their suggestion was sober living. I choose to stay at Cooper Fellowship sober living.

Renee W.