



# TCI Connection

Together WE are Stronger!

**Issue 2 - November 2020**



The ribbon cutting for our recently expanded office space was held at 6 Way Road, Middlefield, home to our new Clinical Services, two Hope After Loss Groups and one Hope & Support Group. Individual and group meeting spaces are warm and welcoming. A gift collection box for our Holiday Gift Drive can be found in the foyer.

## New Clinical Services and Resource Center

**TriCircle, Inc.'s (TCI) Outpatient Program (OP) is open and is accepting new clients. Our master's level clinicians facilitate a range of evidence-based programs, giving clients the opportunity to grow, change and maintain long-term recovery.**

### **The TCI Outpatient Program offers:**

- Flexible morning or evening hours
- Time for family
- The ability to seek and/or maintain employment
- The practice of new coping skills
- Enjoyment of substance free activities
- Benefits from personal health and wellness

## Giving Tuesday



December 1st, 2020, is GivingTuesday, a generosity movement unleashing the power of people and organizations to transform their communities and the world. It is a day that has grown into a global movement, encouraging people to do good and inspiring hundreds of millions of people to give, collaborate, and celebrate generosity. Watch for #GivingTuesday and #CelebrateTheGood on all of TriCircle, Inc.'s social media platforms.

## A Story of Hope

"After losing my only son at the age of 22 to fentanyl and the disease of addiction, I felt very alone. Losing a child with Substance Use Disorder can be a very lonely place. TriCircle, Inc.'s Hope After Loss groups have helped me to know I am not alone and have given me strength to share my story and help other parents in return."  
- Christine Gagnon

### **Save the Dates - Please Share!**

**Oct 1 - Dec 12 - Spread the Seed of Change for Children Holiday Gift Drive**

**Nov 6 & 13 - Grief in Syndemic Times : The Intersection of Overdose Related Deaths and COVID19 - Click here to register online**

**Dec 6 - Holiday Meeting and Silent Art Auction - Stay Tuned!**

**Dec 9 - 9:00am to 10:30 Opioids Webinar "Facing the Holidays"  
Click here to register**

**Got News? Submit your ideas by the 24th of each month to [Lenore@tricircleinc.com](mailto:Lenore@tricircleinc.com)**



## Honoring the Memory of Loved Ones TriCircle, Inc.'s 1st Memorial Quilt

This impactful memorial has the power to draw families and community together in a united effort to provide support, start the conversation and reduce stigma. Plans for the next quilt are under way. For more information about our quilt project and how to get involved visit: <https://tricircleinc.com/memorial-quilt/>

TriCircle, Inc. has partnered with The Department of Children and Families, TheCharityChallenge.net and Bags of Hope CT to bring you the "Spread the Seeds of Change for Children" Holiday Gift Drive! To find out how you can help go to [www.TheCharityChallenge.net!](http://www.TheCharityChallenge.net)



## Coping During the Holidays

The holidays are often a difficult time for persons with substance/alcohol use disorder and their families. As you plan for festivities, do not forget to take care of yourself. Consider a few tips in your holiday preparation.

- Block out time for your favorite activities. You are an adult and do not need permission to read, exercise, stare out the window, take a bath or whatever pleases you.
- Formulate a response to answer a question about your child, protecting her/his privacy while speaking your truth. For example: "Thank you for asking. I am sorry he/she is not with us today."
- Be prepared if someone gives advice. For example: "That is an idea." The simple phrase is without judgment and allows you to move away from the topic.
- Decline an invitation to an event that is outside your comfort zone. For example: "Thank you, but this year we are unable to attend." No need to explain or promise a date in the future.
- You are responsible for (only) your own actions, deeds and words.

**Elizabeth Fullerton, PhD**

Family Recovery Coach - [elizabeth@recoveryourfamily](mailto:elizabeth@recoveryourfamily)

### Grief in Syndemic Times: The Intersection of Overdose Related Deaths and COVID19

Individual registration is required for each session. CEU credits are available. To register visit: <https://tricircleinc.com/events/>

The grieving process is unique to every individual regardless of age or experience. Delivered by experts through the New England Opioid Response Network and Addiction Technology Transfer Center on behalf of, and in partnership with, TriCircle, Inc. and The Cove Center for Grieving Children, the final two 1 1/2 hour sessions of this FREE Zoom webinar series will focus on post traumatic growth and the grief process from a clinical perspective.

## Want to Help?

- 1) Go to: [www.Smile.Amazon.com](http://www.Smile.Amazon.com)
- 2) Choose TriCircle, Inc.
- 3) Do ALL your holiday shopping from there!

## About Us

TriCircle, Inc. is a CT 501(c)(3) nonprofit organization founded to break the cycle of relapse and recidivism that exists in the current system of addiction treatment by providing resources to individuals and families affected by substance use. TriCircle, Inc. has a 3-phase plan, with the third phase having 3 cycles. We are striving to bring our vision to full implementation and will not stop until we have fully succeeded!

[www.TriCircleInc.com](http://www.TriCircleInc.com)

