

## REGION 1 RAC HELD A COMMUNITY EVENT TO PROMOTE THE RAC AND INVITE FAMILIES.

The event was held on Saturday, May 21, 2016 at [The Child and Family Guidance Center](#) in Bridgeport. The focus of the event was substance abuse and recovery. The



Presentation was by Carol Cruz, Manager of CCAR (Connecticut Community for Addiction Recovery) Young Adult and Family Project located in Bridgeport, and Lance Supersad is a 21-year old young adult volunteer who has been in recovery from addiction for almost 2-years. He is a recovery coach

who works with other young people to help them on their pathway to recovery. He has spoken in the high schools and at the state capital to put a positive face on addiction recovery.

The project at CCAR provides recovery network supports to young adults 18-30, who want to make a commitment to living a life in recovery from alcohol and other addictions and families that have been affected by addiction. They provide a safe supportive non-judgmental environment as well as numerous training such as volunteer, recovery coaching, telephone recovery support and support groups for both young adults and families to help them sustain their recovery.

