Hello!

You're reading The Cove's weekly newsletter, including information about events, recovery meetings, and other news in the recovery community. If you have comments or questions, or want something included in next week's newsletter, please contact Ryan Hardin (CUIP Intern at The Cove) at echardin@ucsc.edu. Thanks!

Campus Events At A Glance

Harm Reduction for the Holidays
Tuesday, Nov. 19, 6-8pm
Cowell Apartment Community Room

Trans Takeover!
Wednesday, Nov. 20, 2:30-5:30pm
Amah Mutsun Conference Room (3rd Floor Bay Tree Bookstore)

Transgender Day of Remembrance Vigil
Sunday, Nov. 24, 5-7pm
Watsonville Plaza, 358 Main Street

Hello!
What can be found at The Cove?

Slugs for Health and Growth is for you if you are seeking:
- Involvement in fun, sober events (on and off campus)
- Connections to resources for wellness and support
- Recovery support and accountability
- Opportunities to be of service
- Opportunities to debunk stereotypes and myths about addiction and recovery

We also have drop in peer support during open hours!

Need support with groceries?

Follow this link, which shows a compilation of food pantries and places that accept EBT on campus!

https://basicneeds.ucsc.edu/campus-resources%20/food.html
The week before

**Transgender Day of Resilience on November 20,**

people and organizations around the country participate in Transgender Awareness Week to help raise the visibility of transgender people and address issues the community faces. Transgender Day of Resilience (TDOR), is an annual observance on November 20 that

**honors the memory of the transgender people whose lives were lost**

in acts of anti-transgender violence that year.

(glaad.org/transweek)

Here's a link to trans resources at UCSC: queer.ucsc.edu/resources/trans.html
Recovery Meetings

Thank you for showing interest in co-facilitating meetings! Next quarter, we may be able to offer the Reduced Use Marijuana Support Group, Narcotics Anonymous, Sex & Love Addicts Anonymous, and Codependents Anonymous meetings on campus. If any of these interest you, please contact Jorge at jbru@ucsc.edu.

Fall 2019

TUESDAYS  
Sober Slugs: Alcoholics Anonymous  
8-9 pm at Charles E. Merrill Lounge

WEDNESDAYS  
Adult Children of Alcoholics  
7-8 pm at The Cove

FRIDAYS  
Al-Anon  
5:30-6:30 pm at Kresge Student Lounge

Some other meetings we’ve had in the past include: Marijuana Anonymous, Overeaters Anonymous, Refuge Recovery (meditation-based recovery meeting), and Trans and Substances Community (TASC). If you’d like to co-facilitate any of these meetings, please let Jorge know!
The holidays are fast approaching!

We've got you covered: a warm and open event to learn coping strategies, recovery tips, relapse prevention plans, and more before heading back for Thanksgiving break. Plus, we'll have tasty holiday treats like hot chocolate and eggnog!

Resources include: CAPS (Counseling and Psychological Services) Peer Educators, CARE (Campus Advocacy Resources & Education), STARS (Services for Transfer and Re-entry Students), UCSC Smoke & Tobacco Free Program, SSDP (Students for Sensible Drug Policy) and, of course, The Cove!

TUESDAY, NOVEMBER 19, FROM 6-8PM IN THE COWELL APARTMENT COMMUNITY ROOM (NEXT TO THE COVE)
Other Events:

Trans Takeover!

Celebrate trans existence with other slugs at this community-created event! Snacks, self-care crafts, and new friends await you!

Join us on Wednesday, Nov. 20th, 2:30-5:30pm in the Amah Mutsun Conference Room (3rd Floor of Bay Tree Bookstore)

Transgender Day of Remembrance Vigil

A candlelight vigil to share thoughts and process grief as a community. A time to celebrate and commemorate the lives of transgender folks who are no longer with us.

Join us on Sunday, Nov. 24th, 5-7pm at Watsonville Plaza, 358 Main Street
Thank you Michael Sim for making The Cove the feature story on the Student Success website!
Read it here:

Want more memes like this?

Follow our Instagram!

@UCSCTheCove
https://www.instagram.com/ucscthecove/

Recovery, harm reduction, and self-care memes posted daily on our story.
Want to make an appointment with Jorge?

There are 3 easy ways!

- GO ONTO SHOP.UCSC.EDU AND CLICK "DRUGS/ALCOHOL" AND THEN CLICK "SCHEDULE AN AOD APPOINTMENT"
- DIRECTLY EMAIL THEM AT JBRU@UCSC.EDU
- SCHEDULE A MEETING OVER THE PHONE AT 831.459.1417

https://bit.ly/2CY0BN8
Interested in a recovery journal?

In recovery, the journey of self-discovery is ongoing. There is always more to learn about yourself and if you don’t pay attention to the little things, you could be missing the bigger messages.

Journaling is key in this process because self-reflection through writing has such a profound effect on the healing process.

We are happy to announce our partnership with Noelle Van, an integrative health and addiction recovery coach who created the Day by Daybook, a guided journal for addiction recovery.

One of the most powerful actions you can take in recovery is witnessing your own experience. Now more than ever, your senses are heightened and it’s ripe time to look within and make those shifts needed to propel you forward.

This means opening your eyes to everything. It involves tuning into the subtle cues that you receive on a daily basis and focusing on those little nuggets that on the surface, may seem arbitrary but as you examine them more closely, carry a ton of important information.

The Day by Daybook offers a simple system that prompts you to log mood, daily activity and energy levels over time. Opening your eyes to what’s working and what’s keeping you stuck, as you take a more proactive approach to your ongoing recovery.

To support our ongoing commitment to offer tools to enhance our student’s recovery experience, we have negotiated a 20% discount on any Day by Daybook purchase by going to daybydaybook.com and using the code COVE. Offer is valid through December 2019. Jorge has some in their office at The Cove, if you would like to check them out before your purchase.
Other Programs:

Student Health Outreach & Promotion (SHOP)

SHOP AT THE STUDENT HEALTH CENTER OFFERS
INFORMATION, EDUCATION, RESOURCES AND
SUPPORT ON ISSUES RELATED TO ALCOHOL AND
OTHER DRUG USE; SEXUALITY AND SEXUAL
HEALTH INCLUDING HIV AND OTHER SEXUALLY
TRANSMITTED INFECTIONS, SAFER SEX,
UNPLANNED PREGNANCY AND CONTRACEPTION;
AND SUPPORTING STUDENTS TO THRIVE IN THE
COLLEGE ENVIRONMENT.

POP INTO SHOP IF YOU...

NEED HIV TESTING? FREE & ANONYMOUS!
NEED CONTRACEPTION? DROP INTO THE BIRTH PATROL CONTROL!
NEED SAFER SEX SUPPLIES? DROP INTO THE CONDOM CO-OP!
BEST PRICES IN TOWN!
NEED TO MAKE A PLAN FOR A FUN & SAFE SOCIAL LIFE?
CHECK OUT PARTY LIKE A SLUG!
NEED TO REDUCE USE? IN RECOVERY? CHECK OUT THE COVE!

DROP-IN HOURS & LOCATION
MONDAY TO FRIDAY, 8 AM - 12 PM & 1PM - 5PM
AT THE HEALTH CENTER RIGHT NEXT TO THE PHARMACY

SHOP.UCSC.EDU
SHOP@UCSC.EDU
Condom Co-op

Sells various safe sex supplies, for the cheapest prices in town!

Birth Control Patrol

Helps with questions about contraception!

BIRTH CONTROL PATROL

Have questions about contraception?

Need help choosing a method or making an appointment?

Come in and see a contraceptive peer educator!

Anonymous info and support for all students!

Pop into SHOP (located next to the pharmacy)
Starting October 7th:
Drop in M-F 10-12 & 1-4
HIV Peer Testing

Free and anonymous peer HIV testing! Oral swab (no needles) and results in 20 minutes!

Party Safe

Offers education and workshops about harm reduction and using alcohol and other drugs safely!
Slug Love

Educational workshops about sexuality, pleasure, consent, communication, contraception, STI transmission, and safer sex!

The Covecast

We're accepting discussion topics for our recovery-based podcast! Please email Ryan at echardin@ucsc.edu or Jorge at jbru@ucsc.edu with your ideas, or if you would like to be interviewed about your own recovery story.

soundcloud.com/thecovecast
Hi y’all, I’m Ryan (he/him)! I’m the Cove’s intern through the Chancellor’s Undergraduate Internship Program (CUIP). I’ve been involved with the Cove since Fall, 2018, when I transferred to UCSC from Pasadena City College. I’ve been working on my recovery for about a year before that. I’m a fourth year Psychology major and a Sociology minor, and an Orisa main on Overwatch (Xbox One, lol). My aim is to make everyone who enters the Cove feel safe and heard, regardless of their background, identity, and length (or lack) of sobriety. When you see me, say hi!

Leadership Team:

Jorge Bru
Alcohol & Other Drug Educator

Jorge is known for being non-judgmental and welcoming to all students, regardless of where they are at with their alcohol and other drug use. Jorge is a tremendous resource for students looking for traditional and non-traditional approaches to finding balance while reducing AOD use and recovery from addiction. Jorge has multiple approaches to addressing addiction while being successful in college.

Ryan Hardin
Collegiate Recovery Coordinator

Hi y’all, I’m Ryan (he/him)! I’m the Cove’s intern through the Chancellor’s Undergraduate Internship Program (CUIP). I’ve been involved with the Cove since Fall, 2018, when I transferred to UCSC from Pasadena City College. I’ve been working on my recovery for about a year before that. I’m a fourth year Psychology major and a Sociology minor, and an Orisa main on Overwatch (Xbox One, lol). My aim is to make everyone who enters the Cove feel safe and heard, regardless of their background, identity, and length (or lack) of sobriety. When you see me, say hi!
Hi! I’m Carrissa =] (she/her): I’m on my 2nd year here at UCSC, as a transfer student, majoring in Community Studies and Intensive Psychology. I sometimes find myself telling others that The Cove is my favorite place in Santa Cruz, which sounds a bit silly when one takes a second to think about all the natural wonders in this area, but I truly mean it. This space has given me an incalculable amount of kindness, acceptance, and hope, and I hope to give back what I’ve received. I found The Cove early last year and became a volunteer because I wholeheartedly believe in the importance of having a place which provides unconditional positive regard, free of substances and support for harm reduction/abstinence for students in their journeys through upper education and career goals. I want all to feel welcome here, because “it’s always better when we’re together.” Yep, I just Jack Johnson’d you (and probably also aged myself, lol). For self-care, I practice meditation, take bubble baths, go on solo-movie dates, journal, take up a home project, hit the gym, or just rest & do absolutely nothing. I want you to know that you can feel comfortable here, and safe.

I discovered the Cove last year and instantly fell in love with it and everyone here. I wish to maintain that same inviting atmosphere that I discovered and continue to help build this community. My goal here is to help us strive for bigger and better things, together with everyone, for the good of the Cove and the students here at UCSC.
Elizabeth Williams is a transfer student from Morgan Hill, California. She is currently working towards a PhD in clinical psychology to support mental health efforts. Elizabeth is a Certified Peer Educator and values building relationships and providing support to other students. Liz believes in the mission of The Cove and utilizes it as a safe space to support herself and other students. Some of the things she loves doing include skateboarding with her dog Sausage, being outdoors, and going to get coffee.

Maria Caballero  
Staff Member

Hola I am Maria Caballero and a transfer student living on porter sixth floor. Pronouns are She / Her / Hers. I am also in recovery 9 years from meth and 2 years and about 6 months of alcohol. Yes in my story there is lots of relapses and self hurts. I have tried to commit suicide twice with pills. But my past does not define my future and today by the grace of GOD I am sober and here at UCSC. I am the oldest child of immigrant parents with very little education and great dreams. In addition, I was born in Bolivia, La Paz and a single parent of two young adults. My field of studies in sociology and Critical Race and ethnic studies because I would like to become a teacher or a social worker for teenagers in abuse. I am now a workaholic and believer in Christ Jesus. I attend A.A. / N.A. in San Jose. I have stayed sober this long because I have a safety net and stay with people how are sober and aspired to grow spiritually. In a nutshell, this is me.
Anjuli is a fourth year psychology and anthropology double major. She is passionate about providing accessible spaces for treatment and resources that are as diverse as the population using them, which is a large part of the COVE’s mission and message. Anjuli has been involved in several peer support programs across campus, and is excited about learning new things from the team at the COVE. In general, Anjuli enjoys cooking and exploring new hiking spaces in Santa Cruz.

Hello! This is Lucy. She is a second year psychology major from Bay Area. Her hobbies are loving dogs, Brazilian Jiu-Jitsu and Photography. She strongly cares about helping provide a safe, supportive space for students in recovery on campus. She really appreciates that there is a space on campus to help students that are struggling and hopes to not only help create a space to relieve some of their struggles but to also create a space to help them thrive.
Mia
Lead Ambassador

Mia is a lead ambassador who is double majoring in Psychology and Community Studies. She is especially interested in promoting community healing and cultivating a warm, welcoming environment for those in recovery. Mia loves yoga, podcasts, knitting, and spending time with her cat. She is always around for anyone who wants or needs to talk!

Sausage

Sausage has been working at The Cove as an intern for a few weeks now. Here she is on one of our couches! Sausage is a chiweenie (chihuahua and weiner dog mix) and she loves attention and pets. Elizabeth, staff member at The Cove, is Sausage’s human. When you stop by, you may see her, so say hello! <3

instagram.com/ucs sausage/

Our team is here for you!

If you come in and need support, we are more than happy to help you by lending a neutral ear, providing resources, and fostering a warm and friendly sober atmosphere for you. You belong here!

THANKS FOR READING!