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!
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!

Where are we?
The Cove is located in the Cowell College Mobile Modular, between Cowell Provost House and the Community Room - right above the OPERS beach volleyball courts. Look for the sign and the friendly faces!

Follow us!
Facebook: UCSC The Cove
Instagram: @ucscthecove
Soundcloud: soundcloud.com/thecovecast

THE COVE
UCSC’s Collegiate Recovery Community Space
Accepting Volunteer Applications!

If you'd like to volunteer for The Cove, please fill out our Google Form Application:

https://forms.gle/JSgn5B4txZcKzFJ48

Applications due at MIDNIGHT TONIGHT (10/14)
Recovery Meetings

We also have recovery meetings around campus every week during the schedule below. If you’re interested in co-facilitating a meeting that is not on the schedule, please contact Jorge Bru, jbru@ucsc.edu. Some meetings we’ve had in the past include: Reduced Use Marijuana Support Group, Marijuana Anonymous, Overeaters Anonymous, and Trans and Substances Community (TASC). If any of these interest you, please let Jorge know!
**Events:**

**Fall Beach Bonfire**

The Fall Beach Bonfire is an annual sober event with free food, great music, and wonderful people!

**Join us on Thursday, October 24, from 6-9pm at Seabright Beach!**

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**Latinx HIV/AIDS Awareness**

Our friends at SHOP and El Centro Chicanx and Latinx Resource Center are helping us learn about how HIV and AIDS impact Latinx communities!

**Join us at the Health Center Mural Room, Tuesday, October 15th, from 11:30am-1pm.**
I Spy AA/PI Community Welcome

The Asian American/Pacific Islander Resource Center is having a community welcome! It will include discussions about this diverse group and community building.

Join us at College 9/10 MPR, Thursday, October 17th, from 5-7pm. Doors open at 4:30pm.

Sex, Drugs, and Rocky Road!

Student Health Outreach & Promotion (SHOP) has ice cream if you visit resource tables! How can you say no?

Join us on Wednesday, October 16, from 4:30-8pm at the Porter Quad!
CRUZYPAA Rebirth Barbeque Fun-Raiser

Santa Cruz Young People in Alcoholics Anonymous has a barbeque, a raffle, cornhole, and more! Suggested donation only $20!

All are welcome.

Join us at Natural Bridges State Park, Saturday, October 26th, at 2:30pm.

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.
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.
José
Staff Member

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.

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.
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.

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.
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.

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!

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!