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

Women's Center Open House
Tuesday, Oct. 22, 4-7pm
Cardiff House, Lower Campus

Manifest Your Best Halloween
Wednesday, Oct. 23, 7:30-10pm
Health Center Mural Room

The Cove's Fall Beach Bonfire
Thursday, Oct. 24, 6-9pm
Seabright Beach

Welcome Black BBQ
Friday, Oct. 25, 4-6:30pm
Oakes Lower Lawn

Family Student Housing Festival
Friday, Oct. 25, 4-6:30pm
FSH Community Room
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

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
Cove News:

Tabling

Last week, we tabled at a few events, like Sex, Drugs, and Rocky Road! Here's Carrissa, Ryan, and José representing The Cove. If you missed this one in Porter, you can catch the next one on October 30th, 5-7:30pm, near Cowell and Stevenson. It'll be Halloween themed!

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
Cove News:

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, Narcotics Anonymous, Sex and Love Addicts Anonymous, and Trans and Substances Community (TASC). If any of these interest you, please let Jorge know!

CHANGE OF TIME! Al-Anon at Kresge Student Lounge is now on Fridays from 5:30-6:30pm. Tell your friends!

RECOVERY MEETINGS

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
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

THE COVE

UCSC's Collegiate Recovery Community Space
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 ASlug!
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!

WHAT IS PARTY SAFE?
Party Safe is a student-led initiative on campus. We strive to provide information, strategies and opportunities to engage in honest dialogue to help make your partying experience safer and more fun! We believe that you can drink without bingeing or blacking out, experiment without putting yourself at risk for synergistic overdose and have fun while still taking care of yourself and your peers.

HOW CAN WE PARTNER?
Let’s collaborate! Party Safe offers 90 minute workshops for any student group on campus, interactive tabling at on-campus events and 1-on-1 safer party planning with a SHOP staff member.

HOW CAN I LEARN MORE?
To request a workshop please visit:
TINYURL.COM/UCSCSHOPREQUEST
To schedule us at your event or for general questions:
AMMPARKE@UCSC.EDU
To learn more about party planning, alcohol and other drugs:
PARTYLIKEASLUG.COM
To receive regular party safe tips, event info and more:
@PARTYLIKEASLUG ON INSTAGRAM
Slug Love

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

Events:

Fall Open House

The Women's Center is hosting an evening of community, food, music, and tours of the center!

Join us on Tuesday, October 22, from 4-7pm at Cardiff House, Lower Campus!
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!

Manifest Your Best Halloween

Slug Love from SHOP is teaching us how to avoid haunting hookups & zombie apocalypse hangovers!

There will be prizes!

Join us on Wednesday, October 23, from 7:30-10pm at the Health Center Mural Room!
FSH Fest

Family Student Housing is hosting a student parent and family resource fair, with food and entertainment!

Join us on Friday, October 25, from 4-6:30pm at the FSH Community Room!

Welcome Black BBQ

The African American Resource & Cultural Center rescheduled their BBQ! Come for food, games, live DJ, performances, and a resource fair!

Join us at Oakes Lower Lawn, Friday, October 25th, from 4-6:30pm.
AA Santa Cruz Intergroup's Halloween Ball

A Halloween Ball with speaker Steve R. (Monterey) and live music by Sasha's Money! Finger food and dessert potluck! Only a $10 suggested donation!

Join us at 846 Front St., Saturday, October 26th, at 7pm (doors at 6:30pm).

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.
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!
Carrissa
Staff Member

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.
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!

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!

Kirby is super proud of you, and he understands that some days, things are hard but he believes in you and he knows you will do great! Just keep trying.

You are Kirby’s hero!