**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!

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

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

Hours
Monday-Friday
10am-5pm
THE COVE'S HOURS FOR FALL BREAK (25-1):

MONDAY THE 25TH THROUGH WEDNESDAY THE 27TH: NORMAL HOURS (10-5)

THURSDAY THE 28TH THROUGH SUNDAY THE 1ST: CLOSED
Here are some harm reduction tips we gave out at our Harm Reduction for the Holidays event!

HARM REDUCTION TIPS
EVERYONE HAS A UNIQUE SELF-CARE STRATEGY
WHAT IS YOURS?

TIP 1
WHAT AM I FEELING?

IDENTIFY YOUR PERSONAL NEEDS

Identifying your personal needs is a big part of your unique self-care strategy. This can sometimes be tricky, but try and identify your own individual needs. Doing this will help you with being aware and taking care of those needs.
It's a great idea to take these tips and make them your own. Write down your own self-care strategies you can implement over the break!
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!
Events:

Harvest Dinner

Today is the last day to RSVP for the Harvest Dinner if you'll be staying on campus over break! More details in the link below.

tinyurl.com/ucscdos2019

Fall Giving Pop Up

Pick up free bulk food and sustainable items from The Student Environmental Center! Bring your own container and produce bags if you can!

Join us on Tuesday, Nov. 26th, 11:30am-2:30pm at the Quarry Plaza
Events:

Thursday (Porter I Lounge)
  7:30pm: Movie night with root beer floats and snacks

Friday (Porter I Lounge & Stevenson/Cowell Community Room)
  12-2pm: Lunch from Zoccolis
  6-8pm: Dinner from Tam's Chinese Cuisine

Saturday (Porter I Lounge & Stevenson/Cowell Community Room)
  11am-1pm: Brunch from The Bagelry
  7-9pm: Dinner from Woodstock's and board game night

Sunday (Dean of Students Office)
  10am-4pm: Brunch and study jam
Events:

The Cove presents:

Wellness Night

We offer a variety of services to help you feel better.

energy healing, hypnotherapy, guided qigong, guided meditation, arts and crafts, and more.

Thursday, December 5
6-9 pm
at SHOP in the Student Health Center

snacks and refreshments will be provided.

For accessibility questions or accommodations, please contact Jorge Bru at jbru@ucsc.edu
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/

“do you want to recover?”

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.

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.

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

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.

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.

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!
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!

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**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!
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.

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.
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.

Elizabeth Williams
Staff Member
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
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/ucsausage/

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!