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**Community Services
Monthly Newsletter
April 2026**

**Alcohol Awareness Month: Understanding, Support,
and Hope**

Each April, Alcohol Awareness Month serves as an important reminder that alcohol use disorder (AUD) is a widespread and often misunderstood health condition—and that recovery is possible with the right support.

Alcohol remains one of the most commonly used substances in the United States, and while many people drink socially, for others, it can develop into a serious and life-disrupting condition. Alcohol use disorder affects individuals across all ages, professions, and backgrounds. It does not discriminate, and it is not a reflection of weakness or lack of willpower. AUD is a chronic medical condition that can be effectively treated.

Understanding the signs is a critical first step. Individuals struggling with alcohol use may find themselves drinking more than intended, being unable to cut back, or continuing to use alcohol despite negative

consequences at work, at home, or in their health. Cravings, increased tolerance, and withdrawal symptoms can also signal a deeper issue. Unfortunately, stigma and denial often prevent people from seeking help early, allowing the problem to worsen over time.

The impact of alcohol misuse extends beyond the individual. Families, workplaces, and communities all feel its effects. Relationships may become strained, mental health can decline, and physical health risks—including liver disease, heart complications, and increased risk of injury—can grow significantly. This is why awareness and education are so important: they empower people to recognize concerns and act sooner.

Recovery, however, is not only possible—it happens every day. With appropriate treatment and support, individuals can regain stability, rebuild relationships, and rediscover purpose. Effective treatment often includes a combination of counseling, peer support, and, when appropriate, medication-assisted treatment. Addressing co-occurring mental health conditions such as anxiety, depression, or trauma is also a key component of long-term success.

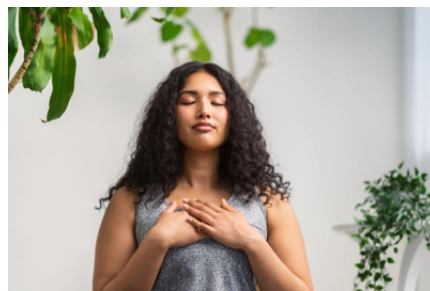
Equally important is the role of community and connection. Recovery is strengthened through support systems—whether that includes family, peers, healthcare providers, or local organizations. Compassion, understanding, and open conversations can reduce stigma and create pathways to healing.

Alcohol Awareness Month is not just about recognizing a problem—it is about promoting hope. It is about reminding individuals and families that they are not alone, and that help is available. By increasing awareness, encouraging early intervention, and supporting recovery efforts, we can build healthier individuals and stronger communities.

If you or someone you know may be struggling with alcohol use, now is the time to reach out. Seeking help is a sign of strength and taking that first step can lead to lasting change.

Together, through understanding, support, and hope, recovery is possible

Managing Stress and Triggers: Simple Tools for Everyday Life



Stress and triggers are a normal part of life. Whether it's pressure at work, challenging relationships, or unexpected situations, everyone encounters moments that can feel overwhelming. The key is not to eliminate stress entirely—but to learn how to respond to it in healthy, intentional ways.

One of the most effective strategies is developing awareness and having simple tools ready when stress or triggers arise.

Step 1: Pause Before You React

In stressful moments, it's easy to respond automatically. Taking a brief pause can create space between what you're feeling and what you do next.

Try this:

- Stop for a moment

- Take 3–5 slow, deep breaths
- Notice what you're feeling (stress, frustration, anxiety)
- Give yourself time to think before responding

This small step can prevent situations from escalating and help you stay in control.

Step 2: Recognize Your Triggers

Triggers can be external (people, environments, situations) or internal (emotions like stress, boredom, or anger). Understanding what tends to set off strong reactions helps you prepare ahead of time.

Ask yourself:

- When do I feel most overwhelmed?
- Are there patterns in my stress?
- What situations tend to push my limits?

Awareness is the foundation for change.

Step 3: Have a Plan

Once you know your triggers, you can take steps to manage them:

- Set boundaries in stressful situations
- Take breaks when needed
- Reach out to someone you trust
- Plan for challenging environments

Having a plan reduces uncertainty and builds confidence.

Step 4: Respond in Healthy Ways

When stress or triggers occur, choose actions that help you regain balance:

- Step away and get some fresh air
- Practice deep breathing or grounding techniques
- Engage in a positive activity (walking, listening to music, journaling)
- Remind yourself that the moment will pass

Remember: Experiencing stress or triggers is not a failure—it's part of being human. What matters most is how you respond.

By building awareness, pausing in the moment, and using simple coping strategies, you can manage stress more effectively and navigate challenges with greater confidence.

Small changes in how you respond can make a big difference over time.

Needs. We have learned there is a distinguishable difference between wants and needs.



Community Engagement.

At Great Lakes Recovery Centers, we welcome opportunities to engage with our donors and the business community on projects that enhance and benefit our mission.

We're always open to having conversations on opportunities trusted partners can work with us.

A shining example of this occurred in March.

For the second year in a row, Miners Inc./Super One Food conducted a register fundraising campaign, with proceeds to benefit the GLRC Compassionate Care Fund. This fund is for individuals to access GLRC's services and get the help they need, even if they are not able to pay for them. This is beneficial for clients who may be uninsured, underinsured, or not eligible for governmental or community funding.

During the giving period, \$8,220.21 was raised at five Super One locations - Iron Mountain, Ironwood, Iron River, Marquette, and Negaunee - across the Upper Peninsula. In two years, this incredible donation effort has yielded just under \$10,000!

To say that we are pleased with this effort would be an understatement. GLRC is incredibly thankful to Super One for creating this initiative and directing the proceeds to a fund that is used by many clients. And, we're abundantly thankful for the many patrons who visited their stores and donated to this campaign.

If you're a business leader and have an idea to help raise money for GLRC, I'd welcome the opportunity to talk with you. Great Lakes Recovery Centers has a number of projects and needs that can benefit from philanthropic support.

Simply drop me an email at jlajoie@glrc.org or call 906-362-1318.

If you would like to be a part of helping those on the path of recovery at GLRC, please make a charitable gift at <https://secure.qgiv.com/for/glrc/>

Donate Here



Accessing GLRC Services

GLRC services can be accessed by calling the GLRC Access Center. Trained staff can talk with you to help you determine the level of care that best meets your needs. They can work with you to verify your insurance and answer any questions you may have. Call them today at:

(906) 228-9696

Partner Organizations

Great Lakes Recovery Centers, Inc. is a non-profit, non-denominational, 501 (c)(3) organization. GLRC is licensed as a substance use disorder treatment facility by the State of Michigan and is accredited by CARE (Commission on Accreditation of Rehabilitation Facilities) and is HIPAA (Health Insurance Portability and Accountability Act) compliant. GLRC actively protects the confidentiality and privacy of clients. GLRC recovery residences are certified by MARR (Michigan Association of Recovery Residences, Inc.) and NARR (National Alliance for Recovery Residences). Funding comes from a variety of sources, including fees for service, grants, and donations. GLRC is a

partner agency with the United Way of Marquette County and the United Way of the EUP.



Great Lakes Recovery Centers, Inc. is a 501(c)(3) nonprofit organization that provides behavioral health services across the Upper Peninsula of Michigan. For more information about our services, please visit our website.

Great Lakes Recovery Centers

The availability of clinicians and services are different at each location, please call (906) 228-9696 for services that work for you!

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Great Lakes Recovery Centers, Inc. | Administration, 100 Malton Road | Negaunee, MI 49866 US

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