



DRY TIMES

THE NEWSLETTER OF ARID GROUP HOMES NIAGARA

AUTUMN 2005

FACTS AND INFO

BED NIGHTS

April - 360
 May - 393
 June - 379
 July - 366
 August - 385
 September - 385

Budget: 85 percent occupancy

DRY TIMES ALSO E-MAILED

Dry Times will be available as an e-mailed newsletter. Stay informed with ARID's programs and progress.

Call Ken at 905-871-7041 or Leon at 905-227-1113 to have your e-mail address added to the list.

"ARID WAS A GREAT PLACE TO BEGIN MY JOURNEY"

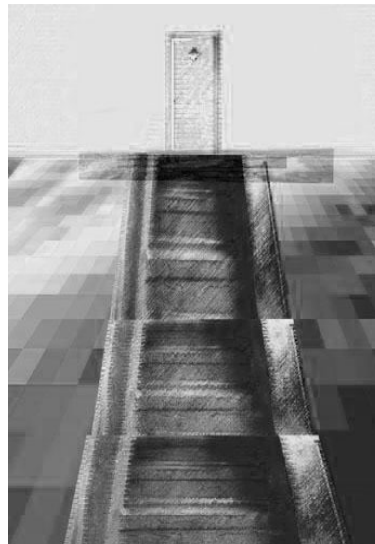
Colin started drinking and using drugs at the age of 15. By the time he was 19 he was drinking alcoholically. For the next 13 years, he realized that when he started to drink he couldn't stop.

He had gone through a six year marriage which resulted in a divorce but gave him a daughter. His second marriage was to another AA which lasted six and a half years.

After twenty years of driving truck he lost his job. "I decided to jump off the world and become a nut," says Colin. When a psychiatrist asked him if he heard voices he replied, "I can't hear them over the noise of the band playing in my head!"

At age 33 Colin had a crisis in his life. He tried to stop drinking prior to a trip to B.C. to celebrate his daughter's second birthday.

This is when he came to a realization of how sick he actually got without alcohol. He saw a doctor and started attending AA meetings and functions and read the literature.



He had a lot of family in Al-Anon, AA and Al-a-teen. "I stayed stark-raving sober for six and a half years.

I didn't do the steps - somehow I thought I'd get it by osmosis." Colin substituted work for his recovery and his sponsor told him if he didn't get to more meetings he would lose both his sobriety and his job. Inevitably he picked up a drink.

For the next seven years Colin hit a series of new lows. This was what he heard about in meetings, "It hasn't happened, yet!" At that point he accepted that this was the way his life was going to be. In February, 2003 at the age of 46, Colin found himself sick from withdrawal, broke and isolated.

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