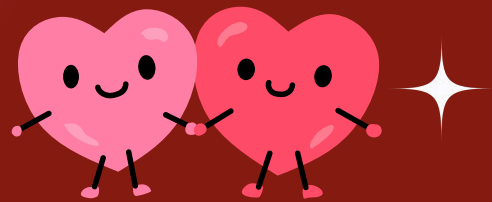


# February Newsletter



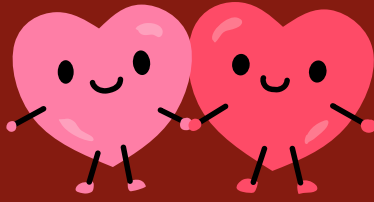
Cottonwood  
— TUCSON —

“Let all things you do , be done with  
LOVE”



# Cottonwood Tucson

# Your alumni coordinators



Ali Smith



Cathy Mros

## ✦ Alumni Benefits ✦

Connection and Belonging

Accountability

24 / 7 Support


Celebration of Milestones

Weekly Support Groups

# Cottonwood Tucson

# Alumni Support

## Meetings



WEEKLY  
IN-PERSON AND VIRTUAL

### Alumni Meetings

Tuesday Zoom 5-6 pm  
Saturday Zoom 9-10 am  
Meeting ID: 920 902 5411  
Passcode: TAKEACTION

Thursday In-person  
Dinner @ 5:15 pm | Meeting 6-7 pm  
Willson Hall @ Cottonwood Tucson

Wednesday (Phoenix Area): 6-7 pm  
@ Revive Recovery 127 W. Juanita Ave. Mesa, AZ 85210



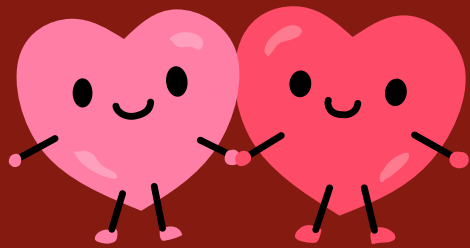
PHOENIX

## ALUMNI MEETING

EVERY WEDNESDAY @ 6PM

REVIVE RECOVERY: 127 W. JUANITA AVE. MESA, AZ 85210

ALL ALUMNI ARE WELCOME!



# Join Us!

## Alumni Meeting

Join Us EVERY Thursday ON CAMPUS!

### Food Fellowship Meeting



FREE Dinner served at 5:15pm

Meeting 6-7pm  
Wilson Hall




# ALUMNI Events

## Coffee with Cottonwood

Lets fellowship! Every Monday we will be gathering to enjoy great coffee, beautiful views and connection.

Coffee Rush  
1949 W Ray Rd  
Chandler  
5:30-7pm



Questions? Contact Alumni 520.697.2827

## Cottonwood



TUCSON, AZ

### save the date

## ALUMNI REUNION 2026

THIS SPRING, COME TOGETHER WITH YOUR COTTONWOOD FAMILY FOR A WEEKEND OF RENEWAL, RECONNECTION, AND REDISCOVERING OUR ROOTS!

MAY 1-3, 2026

PLEASE RSVP

CONTACT:  
Ali Smith  
520-697-2827  
Ali.Smith@cottonwoodtucson.com



CONTACT:  
Cathy Mros  
520-812-1739  
Cathy.Mros@cottonwoodtucson.com

<https://cottonwoodtucson.com/events/>

Cottonwood Alumni Invites You!

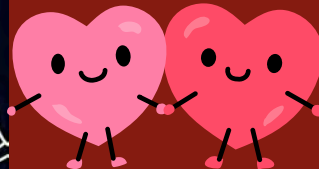

## BOWLING & PIZZA

### Night

FEB 15<sup>TH</sup> 6-8PM

PINZ FIESTA  
501 W RIVER RD, TUCSON

*Let's have some fun!*

Cottonwood Alumni Event!

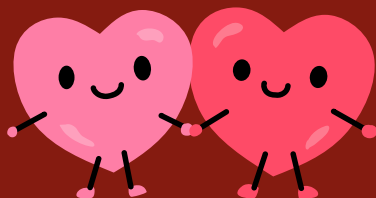
## HOCKEY

**A** GAME **ASU**

FRIDAY, FEBRUARY 20<sup>TH</sup>  
7:30PM  
TUCSON CONVENTION CENTER  
260 SOUTH CHURCH AVE

RSVP- ALI 520.697.2827

# ALUMNI FUN



# Alumni Spotlight

**LUIS MICONI**

**Sober since 8/28/23**

**The most valuable tool I gained from treatment is** learning that Feeling better does not mean that I am always happy or that life is perfect. Through treatment and recovery, I learned that feeling better actually means feeling more. I no longer turn away from sadness, depression, or discomfort. Instead, I ground myself, ask for help when I need it, and lean on the tools I was given. By following the Twelve Steps of AA and leaning on the fellowship that Cottonwood gave me, I've learned how to live on life's terms, without needing to numb it.

**I am passionate about** my kids and my family. I also enjoy playing golf, following Formula 1, cheering on University of Arizona sports, and I've recently started cycling, which has become a meaningful outlet for both my physical and mental health.

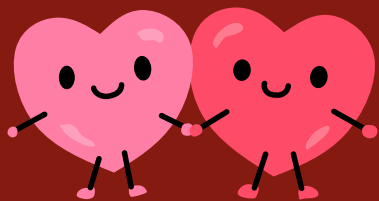
**If I was a Superhero,** I'd be Iron Man. He's always evolving, learning from his mistakes, and using what he's been through to help others.

**Fav Vacation Spot** is Puerto Vallarta and Rocky Point but really anywhere that combines the outdoors and relaxation, especially near the ocean or mountains.



# STAFF SPOTLIGHT

## SAVANNAH UNRUH MILLEU MANAGER



I am the Milieu Manager at Cottonwood Tucson. This role consists of managing the tech staff and ensuring the milieu on campus is safe, comfortable, and maintaining an effective therapeutic environment. My favorite part about the job is my team, they all work incredibly hard to ensure the clients are safe and get the best care possible.

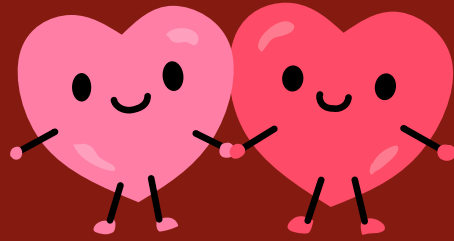
An interesting fact about me is that I own three lizards! Two Leopard Geckos and one Chameleon. Moving to AZ almost 17 years ago, snakes were always my biggest fear. This was a good steppingstone to help conquer that fear.

Self-care for me looks like tiny comforts, movement that doesn't feel like punishment, healthy boundaries, and letting myself rest without "earning" it.

If I could learn one skill instantly, I would learn how to play the piano!

My favorite thing to binge watch would be anything true crime or any cooking competition show.

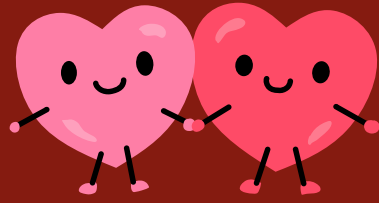
# JANUARY MILESTONES



Francine V. - 9mos  
Melissa E. - 6mos  
Kyler M. - 3yrs  
Seth H. - 5yrs  
Ann A. - 3yrs  
Taylor P. - 1 yr  
Dawn L. - 24yrs  
David M. - 100 days  
Lilly M. - 2mos  
Kamron A. - 3yrs  
Tyler W. - 4yrs  
Lauri F. - 5yrs  
Harry D. - 3yrs  
Jared C. 60 days  
Rich L. - 100 days  
Dana W. - 4yrs  
Kelsey D. - 5yrs  
Geo H. - 4yrs  
Kadyn H. - 5mos  
Maz C. - 5yrs

Stanley G. - 4yrs  
Katie S. - 16yrs  
Kasey C. - 3yrs  
Joanna C. - 5yrs  
Julie S. - 9mos  
Leslie K. - 5mos  
Lindsey M. - 2yrs  
Jessica M. - 2yrs  
William R. - 6mos  
Lyndon J. - 2yrs  
Tom F. - 4mos  
Amy H. - 5yrs  
Amber M. - 6yrs  
Ben F. - +6yrs  
Kelly G. - 3yrs  
Rhianna M. - 4mos  
Janis T. - 1yr  
Miriam F. - 4yrs  
Liam C. - 6yrs  
Tyson G. - 4yrs

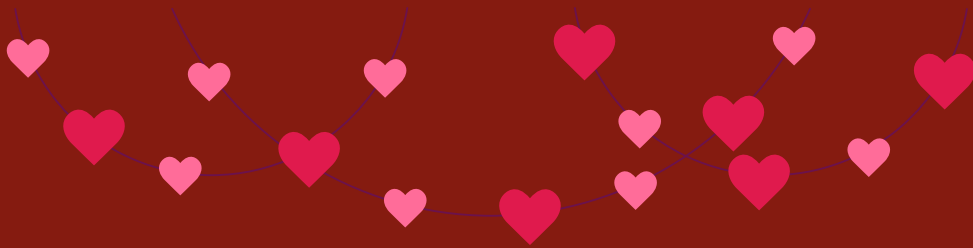
# JANUARY MILESTONES



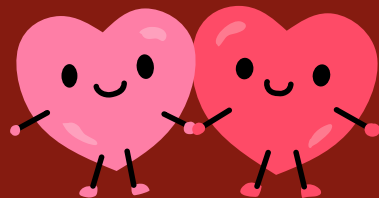
Ken G. - 6yrs	Julie J. - 2yrs
Scott N. - 100 days	Benjamin L. - 5mos
Kylee W. - 6mos	Greg F. - 2yrs
Diana R. - 5mos	Sean S. - 1yr
Chyanne B. - 30 days	Jerad H. - 5mos
Steve B. - 2yrs	David M. - 4mos
Andrea H. - 6mos	Peter C. - 3yrs
Russell G. - 5yrs	Reginia M. - 4yrs
Marcos G. - 6mos	Makayla M. - 6mos
Catherine Z. - 5 mos	Jeffrey J. - 5yrs
Elizabeth M. - 3yrs	Brenna V. - 90 days
Tisa C. - 9mos	Jessi K. - 5yrs
Paige W. - 1yr	James M. - 7yrs
Sean T. - 5yrs	Robert H. - 5yrs
Tracy P. - 5yrs	Jenny W. - 4yrs
Teya - 1yr	Hailey K. - 9mos
Jeremy B. - 90 days	Kristen J. - 6yrs
Daniel V. - 4yrs	Chyanne B. - 45 days
Harrison M. - 4mos	Mike S. - 3yrs
Rebecca P. - 2yrs	

# JANUARY MILESTONES

Aly S. - 4yrs  
Jonathan B. - 4yrs  
Chris M. - 30 days  
Ronan R. - 30 days



*Congrats alums..  
Heres to many  
more milestones!!*



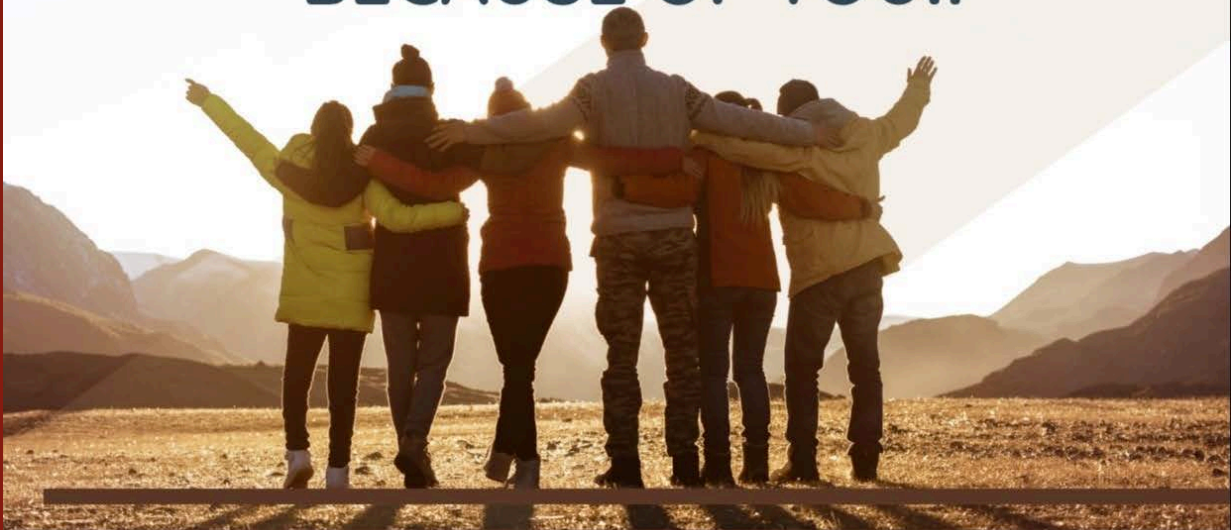
# THANK YOU!!!



# 52

*Lives Touched*

**BECAUSE OF YOU!!**



As we reflect on 2025, we are incredibly grateful for the impact our Cottonwood Alumni community has made. This year alone, 52 individuals found recovery through alumni referrals, proving that recovery doesn't end once we leave.

THANK YOU to the alums that continue to share their gifts of recovery with others!!

T H A N K   Y O U

