



Opened March 21, 2023

We opened Recovery Café Skagit (RCS) on March 21, 2023 thanks to the generous support of Skagit County Public Health. The RCS is modeled after the original Recovery Café program that opened in Seattle 17 years ago. Since then, 57 Cafes have opened around the nation reflecting a proven model to create a culture of recovery where people can build lives they want to live.

Recovery Café Skagit is founded on the belief that every human being is worthy and loveable regardless of past trauma, mental and emotional anguish, substance use disorder or human errors. The Café is a membership model which fosters ownership where people feel they are part of something that is “uniquely theirs.” There are several low-barrier requirements for membership:

The person will agree to:

- have 24 hours of alcohol and other drug free time,
- commit to do volunteer activities at the Café and,
- attend one Recovery Circle per week.

Members have access to the Café and the facilities which include meals when open and a loving and safe fellowship. Those interested attend a New Member Orientation so we can get to know each other and reach agreements. Once they join, members can attend as often as they like.

Recovery Café Skagit is another avenue to recovery in addition to traditional treatment programs and self-help groups. RCS also serves as a bridge to help members establish recovery, maintain their stability, reduce relapse, and fulfill their human potential.

RCS is a member of the Recovery Café Network who are committed to mentoring our start-up organizations. They provide training, materials, expertise, and facilitated learning experiences to us and other newly-created agencies.

Elements of our work include:

Radical Hospitality: We put extraordinary effort and emphasis on making people feel welcomed and remembered.

Recovery Circles: Small peer-support circles that meet at the same time each week to share challenges and successes, give and receive feedback, and to become deeply known.

Community Meals: Homemade soup, salad, and bread to nurture our members.

Classes: Allow for education, exploration of something new, and healing: art, book studies, relapse prevention, yoga, meditation, creative writing.

Service Work: The Café belongs to the community members. To give back, and be a part of, all members contribute to service work at the Café, be it walking with a member to a doctor’s appointment or mopping the floor at the end of the day.

Recovery Coaching: Recovery Coaching is a huge part of our community. Treating people as resources is what we do!

Peer Support: Staff are selected and trained to be Peer Support Specialists. The Café will strive to create paths for member to become Peers and Peer Leaders.

EVERYONE IS WELCOME!

Recovery Café Skagit is an inclusive environment and welcomes people regardless of age, ability, race, ethnicity, religion, national origin, indigenous heritage, gender identity, socioeconomic status, sexual orientation, and life experience.

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