



Spindletop Center

BRIDGES OF HOPE

PEER CONNECTIONS

EDITION IV 2025



CULTIVATING LEADERS FROM WITHIN

Andria Liedy, MHPS, RSPS, explains how leadership is more than skills or behaviors, it reflects who we are and how we show up.

SCAN THE QR CODE

to support our Peer Support Services. View step-by-step instructions on the back.





What is Peer Support?

Peer support in mental health refers to a form of support provided by individuals who have experienced similar mental health challenges or conditions. It involves creating a safe and supportive environment where people can share their experiences, gain understanding, and feel empowered to manage their mental health.

Peer support is a valuable resource for individuals with mental health challenges. It can complement professional treatment and provide a supportive network that promotes recovery and well-being.

VOLUME 1 EDITION 4

SPINDLETOP CENTER
2750 S. 8TH STREET
BEAUMONT, TX
409.839.1000

TOLL-FREE NUMBER
1.800.317.5809

TOLL-FREE CRISIS HOTLINE
1.800.937.8097

DIRECTOR
Danielle Pardue

EDITOR
Aaron Nichols

CONTRIBUTORS
Andria Liedy
Douglas Smith
Michael King
Jaclyne Kemp
David Cook
Destiny Villarreal
Kizzey A. Demease

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CULTIVATING LEADERS FROM WITHIN

Transformational Leadership Development Program

By: Andria Liedy, MHPS, RSPS

Leadership is more than skills or behaviors, it reflects who we are and how we show up. The Transformational Leadership Development Program, created by Douglas Smith and Michael King, is an intensive, cohort-based training designed to help individuals and organizations achieve extraordinary outcomes by investing in the people best positioned to create change.

Creating a Leadership Practice

The Transformational Leadership Development Program emphasizes that true leadership comes from who you are, in every moment. Participants explore their own contributions to outcomes without judgment and learn to see others as leaders with the capacity to make meaningful change.



Douglas Smith (above) and Michael King (below) speaking about the program to the group.



Lanisha McKinney, a Parent Partner at Spindletop Center, holding up her program certificate of completion with Douglas Smith and Michael King.

Storytelling and Leadership

The stories we tell shape our beliefs and actions. Leaders learn to craft empowering narratives of self, reframe limiting stories, and recognize how their perceptions of others impact collaboration and relationships.

Developing Collective Leadership

Sustainable change requires collective leadership. Participants discover how conflict can be reframed as opportunity, navigate differences effectively, and build strong, empowered teams.



Group photo of participants in the August 7th class of the Transformational Leadership Development Program. Participants ranged from multiple peers across Texas.

Goal Setting and Achieving Change

Leaders integrate personal growth, storytelling, and collective leadership into actionable strategies. They learn goal-setting, planning, and evaluation tools that guide teams through evolving challenges, making leadership a journey of growth and learning.

A Personal Reflection

As a graduate of the 12th cohort group, I experienced profound growth. Leadership can be likened to **a bee and the honey it produces**: just as a bee gathers nectar from many flowers, leaders draw from experiences, values, and inner strengths. The results of leadership is sweet and nourishing, like honey, benefiting the entire hive.



Andria Liedy, a Peer Specialist at Spindletop Center, holding up her program certificate of completion with Douglas Smith and Michael King.

The Transformational Leadership Development Program has been an unparalleled journey of self-discovery, growth, and empowerment.

Leadership is not a title it is a practice that flows naturally from within and positively impacts everyone around us.



FROM DARKNESS TO LIGHT

FROM DARKNESS TO LIGHT

Jaclyne Kemp's Journey of Hope, Faith, and Recovery

Life doesn't always turn out the way we expect. For Jaclyne Kemp, her journey has been marked by struggle, pain, and loss but it is also a story of faith, redemption, and the transformative power of recovery. Today, Jaclyne is not only 12 years free from meth addiction, but she is also a beacon of hope for others navigating their own battles.

Early Life and the Seeds of Faith

Jaclyne grew up facing challenges that many could not imagine. Born with a disability, she endured overprotection and constant warnings from her family that her seizures would never leave her. Medical appointments were frequent and exhausting, yet Jaclyne clung to hope and faith. "I believed that if God wanted to heal me, He would," she recalls. "I told myself I would stay positive, never think negatively, and never be discouraged."

Her environment was not easy. Jaclyne's father struggled with alcoholism, and his addictions led to infidelity, creating family fractures and secrets that Jaclyne discovered as a child. Her mother grew up in an unstable household, carrying generational trauma, abuse, and addiction. Despite these challenges, Jaclyne found God early on—accepting Christ at the age of eight while listening to a Sunday school lesson about Adam and Eve. That moment planted the seeds of faith that would carry her through life's darkest times.

Life as a Young Adult: Love, Loss, and Hard Choices

By the age of 19, Jaclyne married her first love, a man she thought would honor God with her. Their early years were full of promise and devotion to church, but tragedy struck within the third year. She found herself living on the streets, navigating dangerous environments, and engaging in survival behaviors that tested her faith and morality. During this time, Jaclyne experienced sexual assault and endured significant health scares that reminded her of life's fragility.

Despite these trials, Jaclyne's faith never wavered. She returned home to her parents, divorced her first husband, and began to rebuild her life. But healing did not come easily. Over the next decade, she found herself in a tumultuous relationship marked by verbal and physical abuse, manipulation, and betrayal. Pregnancies brought moments of hope, but also complications, miscarriages, and fear for her children's lives.

One particularly harrowing moment involved her son, who was born with a life-threatening heart condition. Jaclyne recalls, "As we prayed over him, his heart started beating again. That moment reaffirmed God's presence and His hand in our lives."

The Descent into Addiction

After years of trauma and unstable relationships, Jaclyne eventually found herself using meth. What began as a single hit quickly revealed the danger and weight of addiction. Within months, she faced legal consequences, losing custody of her children temporarily and confronting the reality of her choices. Jaclyne admitted her powerlessness and began the difficult but transformative journey of recovery.

Recovery and Redemption

Through faith-based 12-step programs, sponsorship, prayer, and dedication to God, Jaclyne began to rebuild her life. Her children were reunited with her, her health was restored, and her legal obligations were resolved. She embraced celibacy and self-reflection, focusing on cultivating a personal relationship with God and building a life grounded in purpose and stability.

Today, Jaclyne and her husband lead a Bible study at a sober living house called How Center, where they minister to those seeking healing from addiction and life's hardships. They sponsor individuals in NA and Celebrate Recovery, offering guidance, accountability, and hope. Their YouTube channel, [Joshua n Jaclyne Kemp](#), shares their testimony and encourages others on the path to freedom.

A Message of Hope

Jaclyne's journey is a testament to the resilience of the human spirit and the power of faith. Her story reminds us that no matter how broken our past, no matter the mistakes we've made, recovery is possible. Through faith, support, and perseverance, anyone can rise from darkness and walk in freedom, reclaiming their life and finding purpose beyond pain.

"I want people to know that your past does not define your future," Jaclyne says. "God can redeem your life, restore your family, and give you hope where you thought there was none. Recovery is real, and it is possible."



FACING YOUR INNER MONSTERS

Exploring fears, recovery challenges, and the courage to face them with peer support.

We all have those shadowy figures that lurk in the corners of our minds. Fear. Doubt. Past pain. For someone in recovery, these “inner monsters” can take the shape of:

- **Anxiety** that won’t quit
- **Shame** that weighs heavy
- **Self-doubt** that whispers “You can’t”
- **Echoes of past trauma** that resurface unexpectedly

They can feel overwhelming. Isolating. Impossible to face alone. But here’s the truth: acknowledging your monsters is not weakness, it’s courage. Recovery isn’t about avoiding fear. It’s about facing it head-on. Naming it. Understanding it. Standing tall in spite of it.

Know Your Monsters

Your monsters are personal. They might show up as:

- **Fear of failure:** Worrying that mistakes define you.
- **Self-criticism:** The voice that says, “I’m not enough.”
- **Past trauma:** Memories that trigger pain and uncertainty.

Tip: Give them a name. Draw them. Write them down. Creative expression turns fear into something you can face and even control.



Peer Support: Your Secret Weapon

Facing monsters alone? That's hard. But you don't have to. Peer support brings:

- **Understanding** from those who've been there
- **Hope** that things can get better
- **Encouragement** to take brave steps forward

Peers have walked the same path. They know the monsters. And they can walk with you as you face yours.

Courage in Action

Courage isn't the absence of fear, it's moving forward despite it. Try these steps:

1. **Name the fear** – Speak it aloud or journal it.
2. **Challenge the lies** – Ask: Is this fear real or imagined?
3. **Lean on peer support** – Check in, share, or join a support group.
4. **Celebrate small victories** – Every step counts.

Remember

Your monsters do not define you. They are part of your journey, not your identity.

With self-awareness, persistence, and peer support, you can:

- Face the fear
- Embrace courage
- Reclaim your strength

Reflection Prompt

- What "inner monster" are you ready to face this week?
- Who in your peer network can walk beside you?

Facing fear isn't easy but with courage and connection, it becomes possible. **You are not alone. Your journey is a story of resilience, hope, and strength.**

Turning Negative Self-Talk into Positive Affirmations

As the leaves turn and shadows lengthen, it's easy for our minds to feel like haunted houses filled with creaky doubts, ghostly fears, and cobwebs of worry. Just like Halloween trick-or-treating, our thoughts come in two flavors: scary or sweet. Some thoughts sneak in uninvited, whispering "You're not good enough," "You'll fail," or "Why even try?" Others offer glittering treats of hope, courage, and self-love.

The Haunted House of Negative Self-Talk

Imagine walking down a dark hallway in a haunted mansion. Each door hides a thought. Some harmless are and some are frightening. Negative self-talk is like a ghost it lingers, whispers, and can make even the bravest hearts tremble. But here's the secret: you don't have to invite it to stay.

Choose Your Treats

Just like choosing candy from a bowl, you can select which thoughts to keep. Positive affirmations are the sweetest treats. They might feel small at first, like a single chocolate or caramel, but with practice, they build resilience and self-compassion.



TRICK OR TREAT YOUR THOUGHTS

Tips for Turning Tricks into Treats:

Spot the Trick: Notice when your thoughts are sabotaging you. "I'll never succeed" is a classic mental trick.

Challenge the Ghost: Ask, "Is this thought really true?" Often, fear and doubt are only illusions.

Swap in the Treat: Replace negative phrases with positive affirmations. For example:

Trick: "I can't do this."

Treat: "I am capable, and I can take one step at a time."

Let Go of Rotten Candy: Some thoughts are too toxic to keep. Imagine tossing them into a cauldron and watching them vanish.

A Mini Haunted House Exercise:

Draw a small haunted house on paper.

Write each negative thought on the walls or doors.

For each, create a positive affirmation and write it over the spooky ghost.

Keep your house somewhere visible to remind yourself that you get to choose which thoughts linger.

This Halloween, treat your mind with kindness. Don't let the tricks of negativity steal your joy. Turn your inner monsters into magical guides, leading you toward courage, self-love, and a brighter path forward.

Remember: You hold the wand. You decide what haunts you and what delights you.

CREATING A THANKFUL SEASON PRACTICE

SIMPLE, DAILY WAYS TO NURTURE GRATITUDE FOR YOURSELF, YOUR JOURNEY, AND THOSE AROUND YOU.

As the leaves change, the air grows crisp, and the holidays come into view, many of us find ourselves reflecting on the year behind us and the path still ahead. Gratitude is more than a seasonal theme, it's a practice that can ground us in recovery, deepen our connections, and offer hope when life feels uncertain.

In peer support, gratitude becomes a shared bridge: we recognize the small victories, honor each other's stories, and remind ourselves that even on hard days, there is still light to notice.

Here are some simple, daily ways to weave thankfulness into your season:

1. BEGIN WITH A MORNING GRATITUDE CHECK-IN

Start your day by naming **three things you're grateful for**. They can be as small as a warm cup of coffee, your breath, or a text from a friend. Writing them down can help your mind shift from stress to appreciation before the day unfolds.

2. CREATE A GRATITUDE JAR

Keep a jar or box in your home. Each day, jot down something you're thankful for on a small slip of paper. By the end of the season, you'll have a collection of reminders to reflect on especially uplifting on the harder days.

3. EXPRESS GRATITUDE OUT LOUD

Recovery reminds us of the power in connection. Take time to **speak your gratitude**: thank a peer for listening, a family member for their patience, or even yourself for showing up. Words spoken can spark warmth in both the giver and receiver.

4. TURN ORDINARY MOMENTS INTO RITUALS

When cooking dinner, folding laundry, or walking outside, pause and notice what feels comforting or steady about the moment. This simple act of mindfulness can transform routines into moments of appreciation.

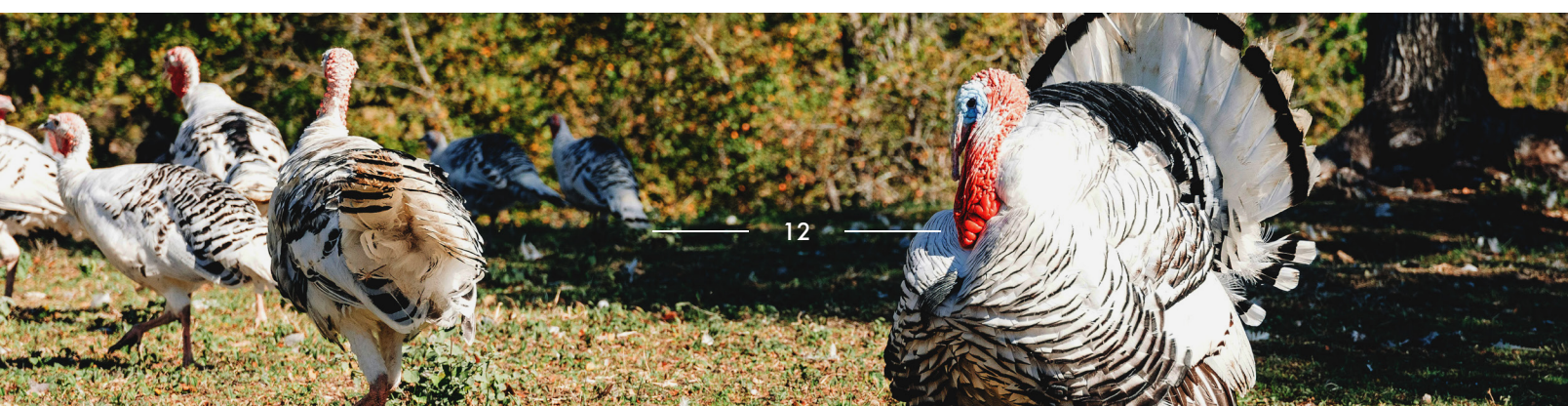
5. GIVE THE GIFT OF PRESENCE

This season, remember that gratitude isn't always about giving things, it's often about **giving time**. Listen without judgment, show up for a meeting, or offer a hug. Presence is one of the greatest gifts we can exchange in peer support.

6. WRITE A "THANKFUL SEASONS LETTER" TO YOURSELF

Imagine writing to your future self. Acknowledge your progress, your resilience, and your ability to keep going even when life feels heavy. Seal it up and read it later when you need a reminder of your own strength.

Gratitude doesn't erase the struggles, losses, or challenges we carry. But it does soften the edges, helping us notice the beauty threaded through our journey. By practicing thankfulness daily both for ourselves and those around us we create a season not only of giving, but of grounding, healing, and hope.





PUMPKIN SPICE & PEER SUPPORT

Living the Experience

Comfort, connection, and lived experiences stories that warm the spirit like a seasonal favorite.

Like the comfort of pumpkin spice on a crisp autumn day, peer support has a way of warming the spirit, grounding us, and reminding us that we are never truly alone. Its gentle presence can be a steady force in moments of uncertainty, offering reassurance, connection, and hope.

After being diagnosed with a mental illness, I found myself navigating unfamiliar terrain. I leaned on my community for guidance, resources, and support. That's when the University of Texas stepped in, offering an opportunity that would forever change the course of my life. Through access to a recovery coach, guided by evidence-based practices, I began to understand the profound power of lived experience—the way it can bridge the gap between merely surviving and fully thriving in recovery.

Community resources do more than provide assistance—they save lives. They unlock doors to healing, purpose, and possibility. For me, recovery became more than a personal journey; it became a calling. I realized that by helping others, I could keep the cycle of support moving forward, turning my experiences into guidance, encouragement, and hope for those walking similar paths.

Today, my work extends into the court system, schools, and, most importantly, into the lives of individuals facing the stigma and isolation often associated with a diagnosis. As an advocate in the court system, I help ensure that people have access to the support, resources, and understanding they need while navigating legal challenges. By openly sharing lived experience, we dismantle walls of shame, creating spaces where people feel seen, heard, and valued.

Currently, I serve as an Outreach Coordinator for the Texas Care Center. In this role, I blend advocacy, service, and connection while drawing strength and grounding from both community and nature. Every interaction is a reminder that our struggles, when shared and supported, become sources of resilience for ourselves and others.

For the first time in my life, I feel exactly where I am meant to be—confidently using my experiences to help others find hope, strength, and belonging. Peer support, like pumpkin spice, is a blend of resilience, compassion, and lived experience. It offers comfort, courage, and sustenance for the journey ahead, reminding us that even in the coldest or most uncertain times, warmth and connection are always possible.

David Cook

Outreach Coordinator, Texas Care Center
713-902-8587
David@elevation.care





Meet Destiny Villarreal

From Hardship to Hope

Certified as an adult at just 16, Destiny Villarreal faced a 35-year sentence, spending 25 of those years behind bars. Released on parole at 41, she has transformed her experiences into a powerful story of resilience, strength, and determination.

Her journey through hardship has shaped not only her character but her purpose: helping others find the courage to rebuild and thrive, no matter the obstacles they face.

Today, Destiny is a **Certified Mental Health Peer Specialist (MHPS) and Recovery Support Peer Specialist (RSPS)**, and is employed by **Thuggin For Christ in San Antonio, Texas**.

She dedicates herself to walking alongside individuals during their most challenging times, providing support, encouragement, and practical guidance.

Her boundless optimism and energy inspire hope, celebrating every milestone big or small with those she helps.

Beyond individual support, Destiny is committed to creating a compassionate and inclusive community. She works tirelessly to break down barriers, challenge stigma, and foster connections that empower people to rise above their past.

Her favorite scripture, **Proverbs 3:5-6 (KJV)** "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

She stated that God guides her every step, reminding her and those she serves that faith, resilience, and community can light the way even in the darkest places. Through her story and her work, Destiny shows that no one has to face life's challenges alone.

Meet Kizzey A. Demease
BAAS, LCDR, SAP, CHW, PSS, PSPS,
MHPS, JRPS, CFP, WRAP, NPF, LPHA, PWF

The Lady, Learner, Leader, Lover, and Living Legend
My Journey to Health, Wealth, and Healing

I AM – A Phenomenal Woman. A Living Soul. Relentless. Courage. Endurance. Grace. Compassion. Hope. Determination. Love. Forgiveness. Mysterious. Unbreakable. Fierce. Resilient.

I am the proud mother of four incredible daughters ages 28, 25, 21, and 13 and the grandmother of a breathtakingly beautiful 18-month-old girl who has already lit up our world with joy and purpose.

Born and raised on the southeast side of Houston, Texas, my roots run deep, and so does my purpose.

My work is deeply personal, a calling, not a career. It reflects my journey, my scars, my triumphs, and the legacy I am building. My unwavering dedication to wellness is a living tribute to my parents. My father, who battled alcoholism, still managed to teach me powerful lessons in loyalty and courage. Though he passed in 1991, his voice still echoes in my strength.

My mother, who fought her own demons with addiction, instilled in me the irreplaceable value of compassion. She left this world in 2025, but her love and lessons continue to guide me. Together, they are still parenting me from the grave, reminding me daily who I am, and who I must continue to be.

My Story

BIRTH - AGE FOURTEEN:

From an early age, my life was filled with chaos, drugs, alcohol, domestic and family violence, fear, pain, abuse, and neglect. I grew up in an environment where survival was the only priority, and grief, especially the kind that comes from addiction and violence, was a constant companion.

My mother often ran away from home for months at a time, trying to escape the abuse from my father. Her absence left me to step into a role I was far too young to fill. I became the caregiver, the parentified child, trying to hold together a family that was constantly falling apart. In those moments of deep loneliness and fear, all I had was prayer. I clung to the hope that there had to be a better life out there for me.



In 1990, my father was laid off from his job at Harris County Flood Control. That loss destroyed him. No longer able to provide for our family, he spiraled deeper into despair. We lost our home, and our family was scattered. I went to live with my aunt and uncle and their two daughters. While their home was free from drugs and alcohol, it was still a difficult environment, one where pain still lingered, just in quieter forms. ("Dance With My Father" ~Luther Vandross)

Three months after moving in with them, when I was just 14 years old, my father was shot and killed by one of my siblings after years of abuse. He was a functioning alcoholic until the day he died. Immediately after his death, my mother came to get me, not out of newfound stability, but because she wanted access to his death benefits. That arrangement didn't last long. Her addiction still had a grip on her, and she couldn't provide a stable home. So, I left.

AGE FIFTEEN - AGE TWENTY-SEVEN:

At just 15 years old, I was homeless and living on the streets (from house to house). But even in that darkness, God made a way. A friend's mother opened her heart and her home to me. She became my lifeline. Eventually, I had my Social Security benefits transferred into her name, and she co-signed for my first apartment when I was just 16 years old. From that point on, I was on my own. Wild. Out of control. Lost. I dropped out of school.

I hustled to make money in the streets. But no matter what I did, I always kept a job. I was still disconnected from my family of origin because my mother was either missing, in jail, or in prison. My friends became my chosen family. . .



CONTINUED. . .

By the age of 27, I had three daughters and was raising them alone. I found myself in toxic relationships, trying to survive and keep going, but nothing ever seemed to change. I was exhausted, mentally, emotionally, and spiritually. I reached a point where I was willing to do anything other than what I was currently doing.

No matter what I tried, nothing could fill the deep void I carried inside. There was always something missing. I could never reach peace or contentment. But still...I prayed. I prayed for guidance, for healing, for a better way.

For over a year and a half, I started every single morning by repeating The Serenity Prayer. And then I'd go on to live a life full of behaviors that often lead people to prison or the grave.

Still, through it all, I never stopped asking, knocking, and seeking. I never stopped praying for God's protection.

On April 11, 2004, I began my recovery journey a path that would forever change my life. It was the first step toward healing, wholeness, and reclaiming the woman I was always meant to be. Looking back...

AGE TWENTY-EIGHT - PRESENT:

I love learning. It's a lifelong passion of mine. I'm a lifelong student, always curious, always eager to grow.

My father instilled in me a standard of excellence in all things. It was never about perfection, but about giving my very best, no matter the task. His motto was simple, yet powerful: "Figure it out."

"THEY ALWAYS SAY TIME CHANGES THINGS, BUT YOU ACTUALLY HAVE TO CHANGE THEM YOURSELF."

That mindset shaped who I am and how I approach every challenge in life. I made the decision to pursue my dreams while navigating life as a single parent and head of household. It hasn't been easy, but I've come to understand that my circumstances don't have to define my destiny, my self-determination does.

I earned my Associate in Arts degree from Houston Community College – Southeast Campus in 2011, followed by an Associate in Applied Science with Honors in Mental Health Services – Chemical Dependency from HCC's Coleman Campus in 2012.

Fueled by self-determination and a deep commitment to growth, I continued my academic journey and graduated Magna Cum Laude from the University of Houston–Downtown in 2016 with a Bachelor of Applied Arts and Science, concentrating in Criminal Justice.

Currently, I'm pursuing a Master of Business Administration at Strayer University, concentrating in Artificial Intelligence, with graduation expected in March 2026.

For me, education is not just a milestone, it's a lifelong pursuit. I believe learning is the foundation of leadership, and growth is the pathway to purpose.

In 2016, I founded P.U.S.H. Up Recovery, a Peer-Run Organization built on the values of Purpose, Unity, Support, and Hope. Recovery is not a phase; it's a lifelong commitment. It's woven into who I am, and it drives everything I do in service, in leadership, and in life.

This year, my mother overdosed on fentanyl and passed away. Her departure released me from a lifelong container of grief, a silent burden I had carried for decades. As painful as it was, her transition felt like an answer to countless prayers. She was no longer in captivity. I had watched her suffer my entire life.

It was on Mother's Day, in the stillness of the ICU that I experienced one of the most sacred moments of my life. I leaned in close, held her hand, and whispered in her ear: "It's okay to go. I know you're tired. We're going to be just fine. You've fought a good fight. I love you. Now go in peace."

She transitioned 12 hours later.

That moment wasn't just about letting go, it was about honoring her journey, her pain, her fight. And it was also about reclaiming mine. Her passing became a sacred release for her and for me ("Dear Mama" ~Tupac Shakur).

I have partaken of many bitter cups, moments of pain, disappointment, and loss that could have easily hardened my heart. The road to better has been bumpy, hard lessons, detours, lined with struggle and sacrifice.

It hasn't been easy. Growth rarely is. Nonetheless, I've made a conscious choice to not grow bitter, but to continually become better. To keep rising. To keep evolving. To keep healing. Every hardship has shaped me. Every setback has refined me. I've learned that becoming better is not a destination, it's a daily choice.

And I choose it, over and over again.

"Recovery, it's a 'we' thing."



COZY CONNECTIONS: BUILDING SAFE SPACES OF CARE & BELONGING

Recovery and wellness aren't meant to be traveled alone. At **Cozy Connections**, we gather in a safe space where stories are shared, encouragement flows, and healing grows.

Mondays & Thursdays | 9:30am - 11am

2750 S. 8th St., Building C, Beaumont, TX

Contact Andria Liedy | 409-926-6327

Mondays | 11am - 12pm

4305 Tejas Parkway Orange, Tx

Contact Mindy Volentine | 409-926-7564

Come find care, support, and belonging because your voice matters, your story has value, and you are not alone.

Because no one should journey alone.

Local & Community Resources

Food & Basic Needs:

• Market to HOPE (Help Other People Eat)

2780 Eastex Freeway, Beaumont, TX 77703

catholiccharities@ccsetx.org | 409-924-4400

• Some Other Place

590 Center St., Beaumont, TX 77701

Call 409-832-7976



Mental Health & Counseling:

• Spindletop Center

www.spindletopcenter.org

o 24-Hour Crisis Line: 800-937-8097

o Beaumont Adult Mental Health: 409-839-1000 (2750 S. 8th St.)

o Beaumont Youth Mental Health: 409-839-2200 (2850 S. 8th St.)

o Port Arthur: 409-813-8300 (3407 57th St.)

o Orange: 409-883-7074 (4305 N. Tejas Pkwy)

o Silsbee: 409-880-4600 (222 E. Durdin Dr.)

o Substance Use Disorder Services: 409-839-1033

o Intellectual & Developmental Disability Services: 409-839-1000

• Baptist Behavioral Health Center

3250 Fannin St., Beaumont, TX 77701

409-212-7000 | www.bhset.net/our-services/behavioral-health

• Lamar University Counseling Services

Student Health Center, 857 E. Virginia St., Beaumont, TX 77705

409-880-8466 | www.lamar.edu

• NAMI – National Alliance on Mental Illness

800-950-NAMI (6264) | Text "HELPLINE" to 62640

helpline@nami.org | www.nami.org

• Samaritan Counseling Center

7980 Anchor Dr. Bldg. 500, Port Arthur, TX 77642

409-727-6400 | www.sccset.org

Counseling for individuals, couples, families, adolescents & children, psychological assessments, Medicaid/private insurance, sliding fee scale

• Catholic Charities of Southeast Texas

2780 Eastex Freeway, Beaumont, TX 77703

409-924-4427 | www.catholiccharitiesbmt.org

Counseling for all ages, virtual mental health, family & marriage counseling, sliding fee scale

• Family Services Counseling Center

3550 Fannin St., Beaumont, TX 77701

409-833-2668 | www.westrengthenfamilies.org

Counseling for all ages, parenting classes, anger management, prevention education, battering intervention, sliding fee scale

SEASONAL ACTIVITIES, POEMS & SELF-CARE CORNER



The holidays can bring joy, but they can also stir up stress, memories, or loneliness. This corner is designed to offer warmth, creativity, and gentle reminders of self-care. Whether through activities, poems, or reflection, may you find something here to uplift your spirit.

5 Short Seasonal Activities to Spark Support & Connection

- 1. Holiday Card Swap** – Write encouraging notes and exchange them in group.
- 2. Hot Cocoa Check-In** – Share one challenge and one joy while sipping something warm.
- 3. Gratitude Garland** – Write blessings on slips of paper and string them together.
- 4. Memory Candle** – Light a candle together in honor of someone or something meaningful.
- 5. Kindness Countdown** – Do one small act of kindness each day until the New Year.

7 Days of Self-Care

- **Day 1: Move It Monday** – Dance to one upbeat song.
- **Day 2: Treat Yourself Tuesday** – Do one small thing that makes you smile.
- **Day 3: Wellness Wednesday** – Drink extra water and stretch.
- **Day 4: Thankful Thursday** – Write down three things you appreciate.
- **Day 5: Feel-Good Friday** – Watch something funny or uplifting.
- **Day 6: Slow-Down Saturday** – Take a nap or read quietly for 20 minutes.
- **Day 7: Soulful Sunday** – Journal about your hopes for the week ahead.

This Season is for Me

This season is for me, because I am _____.
 I choose to let go of _____.
 I choose to hold on to _____.
 My heart feels strongest when _____.
 I am grateful for _____.
 I will give myself permission to _____.
 The gift I bring to others is _____.
 The light I see in myself is _____.
 This season reminds me that _____.

Holiday Hug

By: Andria Liedy, MHPS, RSPS

"I used to watch the holidays through frosted glass and locked doors, my arms empty, my heart aching for warmth I couldn't touch. The world glittered with lights, but mine were dim, buried under shame, buried under time, buried under bars and broken dreams.

Then one December, a hand reached out. Not with gifts wrapped in paper, but with something stronger: acceptance, patience, and a reminder that I was still human. That hug, unexpected and undeserved in my eyes, melted years of winter inside me. It told me I was not too far gone, not too broken, not too late.

Now, when the holidays come, I carry that hug in my chest, and I offer it freely to the lonely, to the weary, and to the ones still waiting for their thaw. Because sometimes the greatest gift isn't found under a tree, it's the embrace that whispers: You belong. You matter. You're home."

Unscramble these (theme: strength & connection):

1. LERSIIENC
2. TGARIUDE
3. MOCSINOPAS
4. NGOLEB
5. RPUPTSO

Answers (upside-down):

(Flip your device or turn the page to read.)

1. RESILIENCE
2. GRATITUDE
3. COMPASSION
4. BELONG
5. SUPPORT



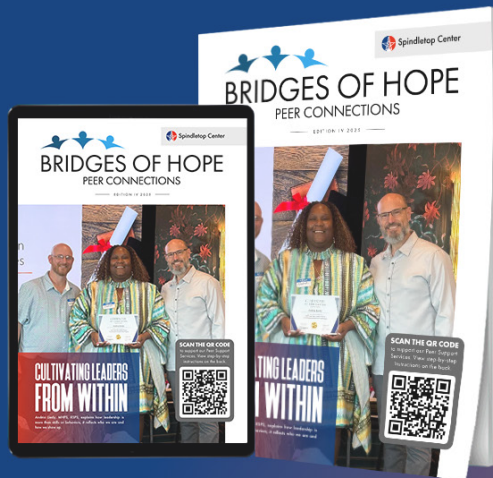


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Area' and 'Acknowledgement Letter'

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