

Celebrating Miles for Recovery 2020 - 2021

The month of September has come and gone. It is with much appreciation I want to thank all our participants who braved these crazy times and participated in this month's **Miles for Recovery Event**. You did not let the smoke or COVID and its many consequences get in your way. You turned these challenges into motivation and moved forward knowing both your physical and mental health would be better for participating.

Many kudos to **Carson Valley Medical Center for partnering with us this year**. We are working together to improve the lives of our community by offering behavioral health services ensuring families can be provided quality timely services.

Thank you to **Anytime Fitness for being our Premier Sponsor**. Their generosity allowed Tahoe Youth & Family Services to provide fun swag to all participants that we all will enjoy for months to come. Kudos to C.O.D. Casino for helping us advertise our event for several weeks on their marquee.

Due to the fundraising challenges we faced caused by COVID, our sponsors were extremely generous this year by going above and beyond. It is clear they understand the need in our community for affordable Mental Health & Substance Abuse Services. **The following sponsors helped this event be successful: Bing Materials, Carson Valley Accounting, Coffee on Main, Ricky and Cynthia Decarlo, Intero Real Estate, Les Schwab, State Farm and Stor-All**. Thank you all for your generosity, support and caring.

Kudos to Tahoe Youth & Family Services Fundraising committee whose generosity with both their time and talents was amazing. Our success in large part is due to all their hard work and passion for our mission.

Both the smoke and COVID are not unlike the difficulties many face daily who are in recovery from mental health & substance abuse challenges. Let us all remember recovery is not linear and there will always be challenges but with perseverance and support you can succeed. Remember Tahoe Youth & Family Services is only a phone call away. Reach out now and start a new chapter in your life by calling us at (775)782-4202 or (530)541-2445. We do not judge but instead hold out our hand to offer support and help you stay accountable to yourself.

Watch for our second and third Miles for Recovery Events!

Our second Miles for Recovery virtual event will be held during the month of March 2021. Participants will pledge dollars per mile or per workout. Teams will be encouraged. Optimistically, our third event will be an actual run in June 2021 prior to the Carson Valley Days parade. Those participants from outside Northern Nevada will have a virtual option.

Challenge Coins will be given to those individuals who participate in all three events. These coins are unique. Information on all Miles for Recovery events can be found at www.100milesforrecovery.com. All updates including registration times and swag will be posted on this website, so stay tune.

*Our community will be stronger together,
if we take our own mental and physical health seriously and make it a priority.*