



## COUGARS IN RECOVERY

**C**ougars in Recovery (CIR) is making a difference in the lives of our students as well as making a positive contribution to the Houston Recovery Community. Students who formerly would leave Houston to attend a college with a collegiate recovery program can now attend the University of Houston and feel supported as they achieve their professional goals. Cougars in Recovery provides assistance to ensure student success.

### Creating a Sober Environment

Cougars in Recovery is a comprehensive program that supports students in several ways: on-campus sober housing, on-campus lounge for leisure activities, programs and meetings, a full-time staff member for check-ins and community partnerships. The on-campus sober housing, designated only for students in the program, provides the students who want to live in a peer-supported environment the opportunity to complete their college education in a safe space. The dedicated on-campus lounge provides a place for students to study, socialize and interact with other students in recovery. The on-campus lounge space is convenient for speakers and meetings that are open to the Houston Recovery Community and provides individuals an opportunity to share their experience in recovery.

### Frequent Check-Ins

Additionally, the lounge provides a safe space for CIR members to check-in with the program director and volunteers working with the program. The check-in meetings are a time to discuss students' needs, whether academic or recovery related, and to work with the staff to explore solutions and assistance through the various

resources available on campus. The dedicated lounge space also permits CIR to host Sober Coogs, an authorized AA meeting, right on campus.

### Three Areas of Support

We thank you for considering a gift to CIR. In order to grow and meet the demands of the college-age recovery community in the Houston area, CIR is focused on three areas of support:

#### Education

- Recovery literature to have on hand for students
- Community service projects, including a week-long project outside of the Houston area with programs such as Hand in Hand Ministries, to allow groups of students to travel to various countries and build homes for families in need

#### Development

- Grants that will allow for students to travel to the National Collegiate Recovery Conference (includes airfare, hotel and food)
- Resource materials and computer equipment to assist with creating a study/meeting space for the students

#### Scholarship

- Housing scholarships for need-based aid to students who qualify and desire to live in sober housing for the complete college experience
- Academic scholarships to supplement expenses such as books and tuition for students who prioritize academics and actively participate in CIR

**For more information,**  
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