

# Membership Requirements

We invite you to connect, belong, grow and inspire others

Recovery Café Medford invites individuals who want to be part of a recovery community to become members.

To be a member, you need to be drug and alcohol free for 24-hours, contribute to running the Café, be willing to connect with others, AND attend a Recovery Circle.

## Here are the steps to join us:

- Fill out the membership form on the **Membership** page
- Wait for someone to contact you about visiting the Café and attending a New Member Orientation

Once you've been assigned to and attend a recovery circle, you're welcome to participate in all Café activities.

## Membership Requirements Are Simple:

1. Be drug and alcohol free the past 24 hours
2. Participate in a weekly Recovery Circle or let staff know when you are unable to attend
3. Participate in community service at the Café
4. Practice the guiding principles of the Recovery Café community

## Recovery Café's Guiding Principles Are:

1. Connect with Divine Love in Ourselves and Others
2. Show Respect
3. Cultivate Compassion
4. Practice Forgiveness
5. Encourage Growth
6. Give Back

## Membership Benefits:

Membership at Recovery Café is a great opportunity to find stability in what can otherwise be a chaotic journey. There are many great tools and benefits that Members are able to access while active at Recovery Café. These include:

- Coffee each day the Café is open. Order it the way you like it!
- The support of individuals in recovery from addiction who may experience some of the same things you do.
- A Recovery Circle in which you are known and loved.
- A meal once per week at the Café
- Opportunities to help run the Café and connect and grow with other members, volunteers and staff.
- Referral help to access other services as needed.

And . . .

Opportunities to take art and writing classes, work on personal development, and participate in health and fitness groups.