

Hello

My name is Veronica Garcia and I need to let you know that i have been in recovery since November 2020 and when in my base group started going to the study meeting about the 12 steps i was doubting is that really works for people in recovery, then i started going to this study meetings and let me tell you that it really works i have learned to be prepare for any situation that my happend in life i would not let it affected me to the the point that I need to consume something because it's too much to handle or because I am frustated, or because I am overwhelmed with the situation, i learned how to be strong thanks to the 12 steps and practice of them it's been very helpful. Now i conduct a study group meeting at a place call North West Instituto Latino that is located on 10209 se division st bldg B suite 100 Portland OR 97206.

The practice of the 12 steps is given a lot been in recovery has also given me back the trust of my family I hope this 12 steps programs keep moving forward.