



May 11, 2015

For Immediate Release

**SHEDDING LIGHT ON RECOVERY!
THE CHATHAM-KENT COMMUNITY HEALTH CENTRES INVITE YOU TO A FREE SCREENING OF
THE ANONYMOUS PEOPLE**

Imagine this: Winning an Olympic gold medal but never being able to bask in the glory of your accomplishment with others.

Imagine this: Climbing Mount Everest, the highest mountain in the world, but never being able to share your story of the difficult climb and the proud moment when you reached the top.

This is how it feels for someone in long-term recovery from addiction. The fight to become clean and sober is just as hard, and recovery is just as big of a triumph as winning a gold medal or reaching the top of Mount Everest. The difference is addiction, and the stigma the word carries, are rooted in stereotypical beliefs that individuals with addictions have a poor moral character. This misconception could not be further from the truth. The problem is, if we are to continue casting darkness on the word addiction, then ignorance and addiction wins.

The shame and secrecy associated with addiction deters people from stepping out into the light and seeking help. *The Anonymous People* is an insightful documentary that sheds light on recovery from addiction. It features courageous addiction recovery advocates who come out of the shadows to snuff out discrimination and who move towards recovery-based solutions. Addiction is everywhere whether we want to admit it or not. It resides within our families, our community and sometimes in our very own homes.

The Chatham-Kent Community Health Centres (CKCHC) is proud to work in conjunction with Recovery Day Windsor in presenting this groundbreaking film about the journey of addiction to recovery. There has never been a more urgent time to shatter the myths about addiction so that healing can begin within our Chatham-Kent community.

Please celebrate recovery and a new way of thinking by joining the CKCHC for a free screening of *The Anonymous People* on May 20th from 2-4pm or 6-8pm. This event will take place at the CKCHC Chatham location at 150 Richmond Street.

For more information, please contact Cynthia Perritt at 519-397-5455 or cynthia.perritt@ckchc.ca.

Mission

In partnership with our clients and community, we provide access to comprehensive services that promote wellness and improved health. En partenariat avec nos clients et la communauté, nous donnons accès à une gamme complète de services qui favorisent le mieux-être et améliorent la santé.

Vision

The best possible health for those we serve.
La meilleure santé possible pour les personnes que nous servons.