

Connection is a beautiful thing

Shannon's Story

Tamarack will and has always been a safe space for me. I first came to Tamarack when I was 19, back in 2011.

For the first time in my life, I felt loved and accepted. It didn't matter to staff what I had done in my addiction. Or all the trauma I was dealing with. Staff never judged me and I could feel how much they wanted to help me.

“I didn't feel alone because I could always reach out to Tamarack”

Unfortunately, addiction is hard and I kept relapsing on and off after treatment but I knew I could always turn to Tamarack for support. And I did. On the hardest days of my addiction, I didn't feel alone because I could always reach out to Tamarack.

I returned for treatment in 2017 when I was eight months pregnant with my second child. This time, I stayed sober for two years after I graduated. I got my kids back, I got my first job that I still have today, I got my first home and my first car. During those two years Tamarack's aftercare program was a huge support for me. It's nice knowing other people who went through the same program as you can relate to what it's like being back in normal life.

Fast forward to 2022, I relapsed again and came back to Tamarack for help. I guess my point is, no matter how many times you mess up or you stay sober Tamarack will be there to help pick up the pieces or celebrate with you.

“They don't give you a deadline for support”

I have been connected to Tamarack for over 14 years now. That's the beautiful thing about this place - they don't give you a deadline for support once you graduate. You get support for life if you want it.

If I could say one thing to say to the person reading this who is struggling, it would be: What are you waiting for? You are worth living a beautiful, happy life. Don't do this alone.