

## Generosity and the power of giving back

### Megan's Story

In March this year, Megan reached out to us to share that she would be celebrating reaching two years of sobriety by doing a Sprin charity ride with Wheelhouse Cycle Club. She told us, "While I did not attend Tamarack's program, I've heard nothing but incredible things about the organization and it would delight me to donate all contributions to you".

In April Megan gathered 40 of her closest friends and family to take part in the charity ride. Not only did each person participate in a grueling 45-minute Spin session but they each raised their own donations for Tamarack. "They all had done their research about who Tamarack was and were in support of the work you do here and were excited to contribute to Tamarack", said Megan.

**"I've heard nothing but incredible things about the organization..."**

This month [May 2025], Megan contacted us to let us know that the ride was a huge success and she was very excited to be able to donate all the proceeds to Tamarack!

We met with Megan to thank her personally for her incredible donation and she told us more about her motivation behind the ride, "two things that have helped me so much in these two years of recovery have been giving back

to the community whenever I can and being able to cycle and run for my mental health and wellbeing. So, this was the perfect way to do two things that I love as I celebrate reaching this milestone".

**"It's an amazing thing you guys do..."**

Megan was clear that she wasn't looking for recognition, however she agreed to share her story in case it inspired someone else. "I'm just so grateful you're able to help people like me who are struggling. It's an amazing thing you guys do and I'm send your team all the good vibes and best wishes! 🌟😊❤️"