

Herren Project empowers people to live healthier, happier lives. We are committed to raising awareness of substance use disorder, preventing the misuse of substances and promoting personal wellness. Herren Project's message of hope and empowerment doesn't just pertain to people affected by the disease of addiction, it pertains to everyone. Bringing Herren Project's message into your workplace allows for more compassionate discussions about addiction, more attention on personal wellbeing and more camaraderie between coworkers.

If an employee speaks up about their own addiction or a family members', you should encourage them to contact Herren Project. We are here to help anyone in need of treatment or support.

## ABOUT US

Herren Project is a non-profit organization focused on treatment, recovery and prevention of substance use disorder. We offer a variety of services free of charge. These include assistance with treatment placement, long-term recovery support for individuals and families (including virtual online support groups and recovery coaching), as well as financial support for treatment programs and recovery housing. Herren Project also partners with schools and communities to provide education on self-care and mindfulness practices for the development of healthy coping skills to prevent the misuse of substances while empowering young people to be leaders in their community.

Herren Project was founded in 2011 by former professional basketball player, Chris Herren, who has been in long-term recovery since August 1, 2008.

## BRINGING HERREN PROJECT TO YOUR COMPANY

There are many different ways to bring Herren Project's message to your company in preparation for, or following, Chris Herren's presentation. We are working to fuel a movement of empowerment, health and healing and we invite you to join us. You can host recovery or wellness events, distribute information on Herren Project's individual and family services and raise funds for Herren Project.

Each September, we celebrate SAMHSA's National Recovery Month to honor those in recovery and those seeking it. During this month, we encourage you to host events, organize recovery meetings and wellness workshops and/or fundraise for organizations making a difference.

During the first full week of March, we celebrate our own Herren Project Awareness Week with the intention of raising awareness of substance use disorder and promoting personal wellness. This is a great time to speak to your employees about the disease of addiction and provide them with resources to get support if they need it.

Throughout the year, you and your employees can join Team Herren Project and participate in athletic fundraising events all across the country. From 5ks to marathons to Spartan races, teammates raise funds and awareness together in an empowering, positive way.

You can also sponsor a Herren Project Club in your local school to help prevent substance use amongst students and empower them to make healthy choices.

### Sign up for our Herren Project newsletter

<https://herrenproject.org/contact/>

### For more information, contact:

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