

Human Kindness in Motion at the Recovery Center

By Lisa Ochoa-Lloyd

During the month of September here at Recovery Solutions we spoke to our guests about Human Kindness. We talked about small acts and good deeds can change a strangers prospective of the world and their attitude towards others. Small ways to show we care and can have a ripple effect from those impacted to the world around them. To show that these small acts of kindness can be done with little to no money and just a small effort we held an art class were we enjoyed rock painting.



We painted rocks donated to us by the community, 32 in all. They ranged in design from plants to insect, even one showing their love for the Denver Broncos. We then used



Modge Podge to seal a word of affirmation to the bottom of the rocks:

“You are beautiful”, “You matter”, “You are Loved”, “You are perfect” ,
“You make the world a better place”.

They were then sealed and ready for our Outing. One of our more popular outings this year we rented a riverboat for a tour and packed a brown bag lunch to eat while we floated along the beautiful down town attraction.



It was before the boat ride we decided to hand out

several rocks to each in attendance and have them 'hide' them along paths, in flower beds, and near seating areas. These will be lovely finds for anyone who maybe

strolling at the popular pueblo destination. When a colorful rock top is picked up, turned over and examined an encouraging affirmation is revealed at the bottom.

Our members were proud to be a part of this endeavour and eager to have them found. During our boat ride they often told passer bys to go and find themselves a rock and were they maybe hidden. We hope our members learned how important it is to lift our fellow man up, and how good it feels to know they can make a big difference with a small rock.

