

## **A Message from the CEO: Honoring Healing and Awareness This August**

As we enter the month of August, we pause to reflect on the significant days that bring awareness to key aspects of recovery, mental health, and behavioral health. This month holds special meaning for those of us at **Soberman's Estate** as we embrace the themes of self-awareness, grief, and overdose prevention — values that are deeply embedded in the work we do every day.

**Self-Awareness Month** reminds us of the transformative power of looking inward. Recovery is built on the foundation of understanding one's emotions, triggers, and behaviors.

At **Soberman's Estate**, we provide an environment where clients can safely explore their inner world through personalized therapy, holistic practices, and expert guidance. It's not just about abstaining from substances — it's about developing the self-awareness necessary for lasting change.

On **National Grief Awareness Day (August 30)**, we acknowledge the profound losses many of our clients have experienced. Grief is often an underlying part of addiction and recovery. We support our clients in navigating these complex emotions, offering trauma-informed care and spiritual guidance to help them heal and rebuild their lives.

Finally, **International Overdose Awareness Day (August 31)** serves as a powerful reminder of the importance of prevention, compassion, and change. At **Soberman's Estate**, we are committed to reducing the stigma surrounding addiction and overdose while providing evidence-based treatment that empowers men to take control of their lives and prevent relapse.

At **Soberman's Estate**, healing happens every day. This month, and every month, we honor the journey of self-discovery, emotional processing, and recovery. We are privileged to walk alongside our clients as they transform their lives and create a future full of possibility.

If you or a loved one are in need of support, **Soberman's Estate** is here for you, offering a safe, private space where healing can truly begin.

Respectfully,

*Mitch*

Mitchell T. Prager

Founder and CEO

Soberman's Estate

C: 602-295-8013

[Mitch@SobermansEstate.com](mailto:Mitch@SobermansEstate.com)

[sobermansestate.com](http://sobermansestate.com)