

COVE RECOVERY NEWSLETTER



*A PLACE FOR HEALING,
A TIME FOR LEARNING,
AN OPPORTUNITY FOR CHANGE*

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24 SW 10th Street, Units A-D Fort Lauderdale, FL • 888-38SOBER • www.CoveCenterforRecovery.com

DECEMBER ACTIVITIES

- 12/05 - Bass Museum of Art
- 12/12 - Holiday Park
Airboat Ride
Alligator Wrestling
- 12/19 - College Basketball
- 12/26 - AMC
Bowling Lanes



WHAT IS HAPPENING

Cove clients had the opportunity to visit the Bass Art Museum in Miami Beach. Many were surprised to know the history of the museum and the collections it holds. Founded in 1963 by Johanna Bass the museum houses over 3,000 works including: European painting and sculpture from the 15th century to present; Seventh to 20th-century textiles, tapestries and ecclesiastical vestments and artifacts; 20th and 21st-century North American, Latin American, Asian and Caribbean art; Photographs, prints and drawings; and modern and contemporary architecture and design with emphasis on the pre and postwar design history of Miami Beach.

Happy Holidays from All of us at the Cove

Cove Center for Recovery wishes you and yours a happy holiday, no matter what you celebrate. Whether you believe in the baby Jesus, or celebrate the Festival of Lights, or nothing at all, may you have your health, your happiness and your friends and family around to share love and good times. May all your wishes come true and may the New Year bring you freedom from your addiction, happiness and hope for a new future.

VISIT OUR ADOLESCENT TREATMENT FACILITY



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Serving Teens and Families Troubled by Alcohol and other Drug Use

CHECK OUT OUR BLOG @

<http://covecenterforrecovery.blogspot.com>

PUT THE COVE IN YOUR RECOVERY!

K-2/Spice, Finally Banned in the US

Drug Enforcement Administration officials, finally imposed a nationwide ban to the "legal weed", K2, due to the alarming rise in reported abuse. Also known as Spice the herbal blend has been sold in small, silvery plastic bags of dried leaves and marketed as incense that can be smoked. Easy available at convenience stores and specialty shops K2 mimics the effects of marijuana and has gained alarming popularity for such copycat abilities.

The ban is to take effect in January, 2011 and it will make illegal for at least a year to sell or possess products containing the five chemicals found in K2. Some 15 states already have banned some or all "legal high" products. When the waiting period expires, sale or possession of the substances will be a federal crime.

"Legal high" products claim to be mixtures of herbs that can be smoked for a psychedelic effect. But the herbs listed on the package label often are missing from the actual product. Instead, the product contains a leafy mixture that is spiked with a designer drug -- usually one of the five drugs listed by the DEA. The same product often is spiked with different doses of different drugs, making it impossible for users to know what they are taking. Unlike cannabis, which has been used by humans for millennia, the new synthetic marijuana have never been tested in humans.

Street Names: Bliss, Black Mamba, Bombay Blue, Fake Weed, Genie, Nice, Guy, Oasis, Spice, Zohai

Ingredients: Beach Bean, White and Blue Water Lily, Rosehip, Blue Lotus

Methods of Abuse

K2 products are usually smoked in joints or pipes, but some users make it into a tea.

Effect on the Mind

Psychological effects are similar to those of marijuana and include paranoia, panic attacks, and giddiness.

Effect on the Body:

Physiological effects of K2 include increased heart rate and increase of blood pressure. It appears to be stored in the body for long periods of time, and therefore the long-term effects on humans are not fully known.

If you or someone you know is in need of addiction treatment and or counseling, reach out to us. Cove Center for Recovery offers Residential and Outpatient Addiction Treatment Programs.



SUCCESSFUL TREATMENT KEEPS DREAMS ALIVE

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