

Stigma prevents people from seeking life-saving help. Stigma creates an "us" versus "them" mentality that makes fixing problems impossible. Stigma is to blame - not dependence or poverty - for many of our society's lingering epidemics.

## **Our mission: Crush the stigma of addiction, hunger and homelessness, and be a leader in the sober majority.**

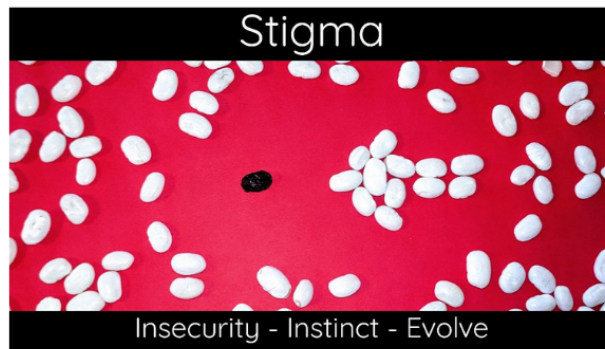
**Sober and Unashamed** – Our website and blog to help people connect with our experiences in high-functioning alcoholism and loving an alcoholic.

**Untoxicated Podcast** – We talk about all the challenges to recovering a marriage from addiction. Raw, personal, heartbreaking and hopeful.

**soberevolution** – Our first book about evolving into sobriety and recovering your alcoholic marriage.

**The Story Writing Workshops** – Writing our stories is powerful. Reading our vulnerable truth to people who care is life changing.

**SHOUT Sobriety** – Our program for high-functioning alcoholics in early sobriety recovering out loud to crush the stigma.



**Marriagevolution** – Our group for couples working together to recover their alcoholic marriages.

**Echoes of Recovery** – Connection for the loved ones of alcoholics who deserve to have their stories heard, and deserve healing independent of the decisions of the drinkers they love.

**Neighborlies** – Our Neighborlies are emergency relief food bags that our loyal Stigma Fighters (volunteers) distribute to our homeless and hungry neighbors around Denver. One of the ways we distribute Neighborlies is through **Fooding Cabinets** where people can take the food they need and leave what they can.

**Christmas in the Park** – We donate rolling suitcases and backpacks to over 1,000 of our homeless neighbors in Civic Center Park every Christmas Day. This program depends of generous donations of both rolling suitcases and money to purchase suitcases and backpacks.

**Stigmattack** – We purchase produce, meat, eggs and dairy from local Colorado farmers and ranchers, and supply the food to Denver Public Schools food pantries dedicated to feeding hungry families in our community.

**Please donate to crush the stigma: [theStigma.org/donate](https://theStigma.org/donate)**

Stigma is our Colorado Secretary of State registered tradename of IRS designated 501(c)(3) nonprofit, Stone Soup Inc. Donation options: [matt@theStigma.org](mailto:matt@theStigma.org)