**Sean Quilty**

I’M of Irish decent born in St. John’s Newfoundland, grew up in a town called Paradise City. I grew up hunting and fishing learned to take the recourse’s provided bye the land and sea and sustain a way of life. These teachings were passed down through the generations and gifted to me bye my father and grand parents. The other side of the coin was a learned behavior that drugs and alcohol was a way of celebration and a tool used to deal with your problems, also generational.

Hello my name is Sean Quilty and I’m a friend, a listener, a teacher, but I’m also and addict. Took many years to be able to admit that to myself, turn my will over to a power greater then myself. Admit my life had become unmanageable I was powerless over my addiction I didn’t figure this out over night it had taken me two decades. I kept hanging on to some hope believing I was meant for something greater then my addiction, a chance at better life and so are you.

The most important accomplishment to date was getting sober and staying sober. A close second is giving back, because one addict helping another is with out parallel. We can only keep what we have by giving it away. Thay K’i Anint’i Fly Like an Eagle has gifted me this opportunity as a recovery coach and program coordinator for the drop in program. I welcome all in need seeking a better way of life to stop bye you have nothing to loose but everything to gain