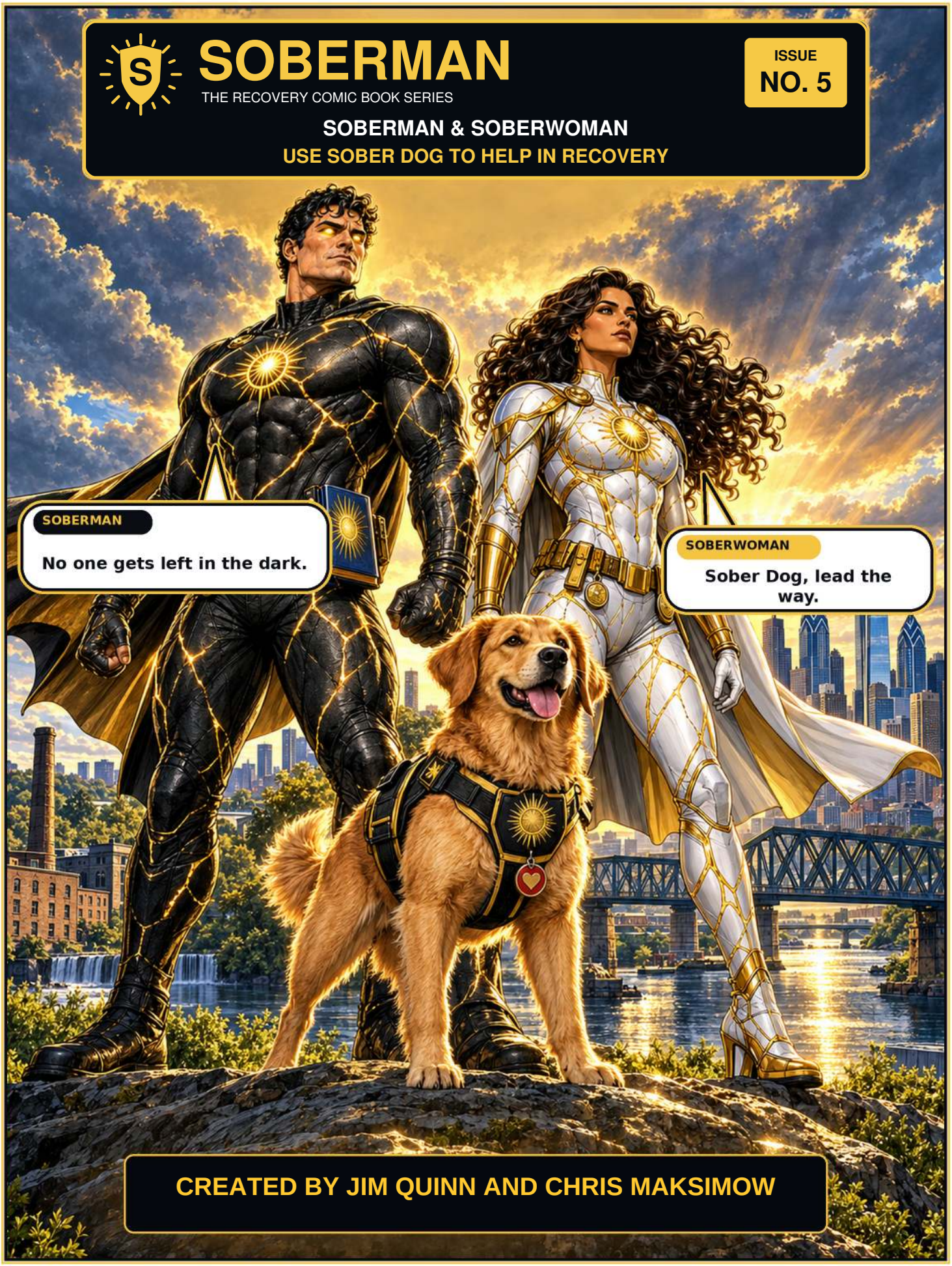
SOBERMAN

THE RECOVERY COMIC BOOK SERIES

ISSUE NO. 5

SOBERMAN & SOBERWOMAN

USE SOBER DOG TO HELP IN RECOVERY



CREATED BY JIM QUINN AND CHRIS MAKSIMOW

THE CREATORS OF SOBERMAN

The Soberman concept was first discussed between Jim Quinn and Chris Makasimow while they attended a 30-day inpatient rehabilitation treatment session at Mirmont Treatment Center in Media, Pennsylvania. During their stay, they became fast friends and often fantasized about what it would be like to have a comic book series based solely on a superhero named Soberman, who would have tremendous healing powers and be able to zap people and get them to be sober. We would fantasize about this topic for days and come up with different storylines on how we would actually prepare these comic books.

Well, after long journeys through addiction and recovery, Chris and Jim finally got around to putting their ideas down on paper, and Soberman was born. We hope you enjoy the experience.

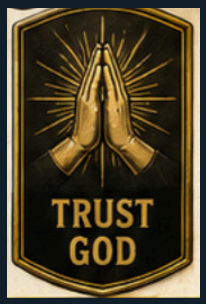
Jim Quinn

Jim is 69 years old and spent 45 years as an alcoholic and drug addict. His drinking career spanned nearly five decades, beginning at age 13. He progressed to drugs in his twenties and thirties and did not find the bitter end until January 31, 2012, his sobriety date. And with God's good graces, he'll have 15 years of continuous sobriety on January 31st, 2027.

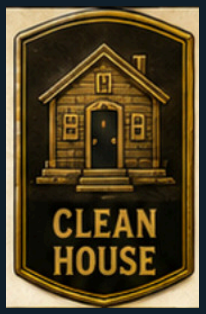
Chris Makasimow

Chris is 51 years old and began drinking and using drugs at 17. He describes more than 34 years of living with addiction and alcoholism, with many relapses along the way. "Yes, I'm a relapser," he says, "but I've got two years under my belt now." His sobriety date is February 3, 2024. By working on the Soberman Project with Jim Quinn, Chris hopes to stay on his path of continuous sobriety.

Soberman's mission is based on three pillars.



First pillar: Trust God.



Second pillar: Clean House.



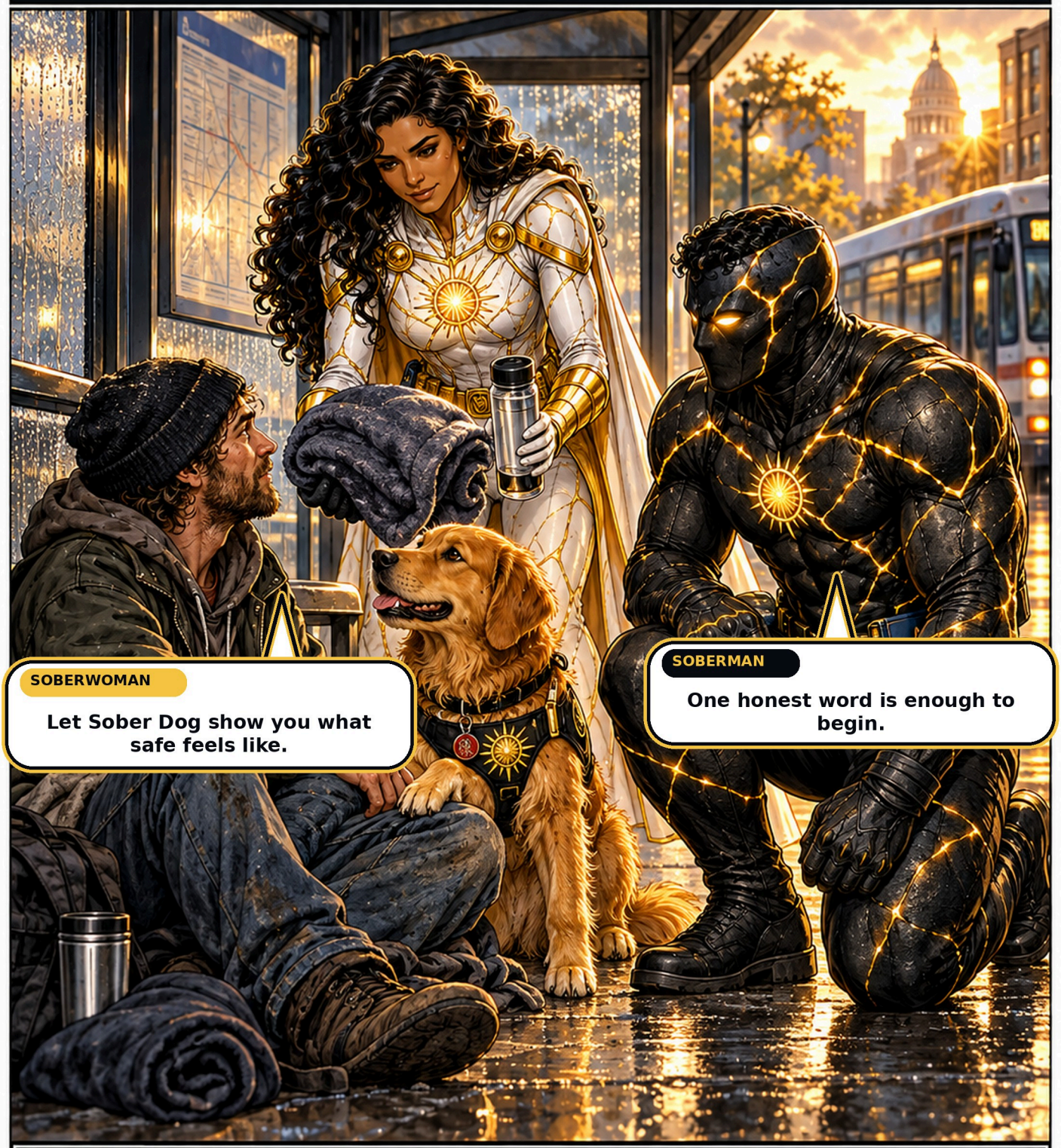
Third pillar: Help Others.

A VOICE IN THE DARK



On a rainy night, Sober Dog heard what others missed: someone still hoping to be found.

THE FIRST CONNECTION



No lecture. No judgment. Sober Dog offered quiet trust - and Alex finally looked up.

HELP, NOT SHAME



Soberman opened the recovery handbook. Soberwoman called the sponsor. The next right step began.

THE RECOVERY TEAM



Sober Boy, Sober Girl, the mentor, and meeting members welcomed Alex into a circle of care.

THE THREE PILLARS

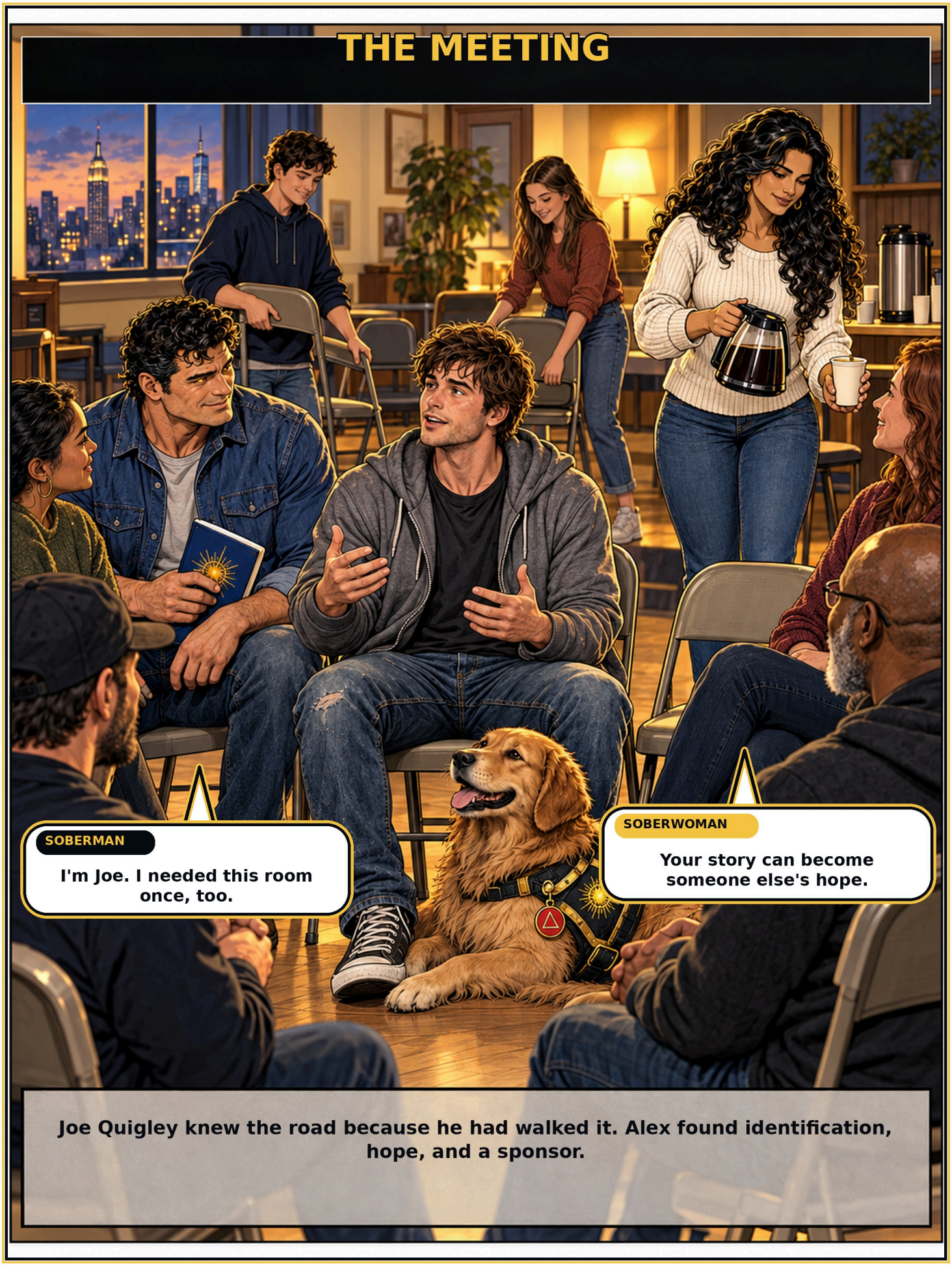


Trust God. Clean House. Help Others. Recovery became a daily plan, practiced one action at a time.

A SAFE WAY FORWARD



With choice, dignity, and support, Alex entered treatment. No one had to walk through the door alone.


THE MEETING
SOBERMAN
I'm Joe. I needed this room once, too.
SOBERWOMAN
Your story can become someone else's hope.
Joe Quigley knew the road because he had walked it. Alex found identification, hope, and a sponsor.


THE HARD NIGHT
SOBERMAN
You made the call. That is strength.
SOBERWOMAN
Stay with us. This feeling will pass.
When the craving came, Sober Dog nudged the phone closer. Alex asked for help before the darkness could answer.

SERVICE BEGINS



Months later, Alex joined Sober Dog in finding the next person. Recovery grew stronger when it was given away.

A TOWN IN RECOVERY



Heroes, families, workers, and survivors served side by side. Connection became the community's greatest power.

FIND SOMEONE ELSE IN THE DARK



Trust God. Clean House. Help Others.

Together, we recover - one person, one call, one act of service at a time.

RECOVERY RESOURCES

PRINT EDITION | NATIONAL U.S. GUIDE | KEEP THIS PAGE

YOU DO NOT HAVE TO DO THIS ALONE

IMMEDIATE DANGER OR OVERDOSE: CALL 911
SUICIDE OR EMOTIONAL CRISIS: CALL OR TEXT 988

TREATMENT REFERRAL: 1-800-662-HELP (4357)
Free and confidential - available 24 hours a day

START HERE: TREATMENT HELP

Confidential national guidance and a searchable treatment directory.

SAMHSA National Helpline: 1-800-662-HELP (4357)

01 **SAMHSA National Helpline**
samhsa.gov/find-help/helplines/national-helpline

02 **Find treatment near you**
FindTreatment.gov

ALCOHOLICS ANONYMOUS (AA)

Peer support for recovery from alcohol addiction.

General Service Office: 212-870-3400

03 **Meeting Guide app**
aa.org/meeting-guide-app

04 **General Service Office contact**
aa.org/contact-gso

05 **Find AA and local phone help**
aa.org/find-aa

NARCOTICS ANONYMOUS (NA)

Peer support for recovery from drug addiction. Local sites list meetings and helplines.

NA World Services: 818-773-9999 (not a 24-hour crisis line)

06 **Find local and virtual meetings**
na.org/MeetingSearch

07 **NA World Services contact**
na.org/contact-us

SMART RECOVERY

Practical recovery skills and free peer meetings for addictive behaviors.

Office: 440-951-5357 - Mon-Fri, 8 a.m.-4 p.m. ET

08 **Find SMART meetings**
meetings.smartrecovery.org/meetings

09 **SMART Recovery contact**
smartrecovery.org/contact-us

WOMEN FOR SOBRIETY

Peer recovery support and meetings for women.

Office: 215-536-8026

10 **Women for Sobriety**
womenforsobriety.org

11 **Meeting finder**
meetings.womenforsobriety.org/meetings

RECOVERY DHARMA

Peer recovery support using Buddhist practices and meditation.

12 **Online and in-person meetings**
recoverydharma.org/meetings-and-events

SUPPORT FOR FAMILIES AND FRIENDS

Meeting information and support for people affected by a loved one's addiction.

Al-Anon: 1-888-425-2666 | Nar-Anon: 1-800-477-6291

13 **Al-Anon / Alateen contact**
al-anon.org/contact-us

14 **Nar-Anon contact**
nar-anon.org/contact

My Sobriety Goals

Write the goals you want to achieve in your sobriety.

Sobriety Objectives

List the specific action steps you will take to achieve the goals you wrote in section one. Include when you will take each step.

Please scan to rate the Soberman website and printed comics, and tell us how they can help you begin or sustain recovery.

THE SOBERMAN UNIVERSE



SoberManRecovery.com

Scan with your phone's camera, or type this address into your browser.

Best viewed on a laptop or tablet. The website is optimized for larger screens. You can use a phone, but navigation is more difficult.

Soberman is a universe of printed comic books and web-based resources, united by one purpose: sobriety through storytelling. You're reading a printed comic now. To explore the rest of the universe, visit **SoberManRecovery.com**.

All of our comic books are available on the website, along with other valuable recovery resources. We invite you to explore both the printed stories and the online materials.

With grant funding, we hope to print our comics in bulk and deliver them to treatment centers, rehabilitation hospitals, emergency rooms, and other recovery-related settings. For now, most of our comics and resources are available online.

If you have a printed copy, hold on to it! We don't yet know when funding will allow us to print larger quantities of the other comics you'll find on our website.

Now you know how to explore the Soberman universe. We wish you all the best in your recovery and hope that sobriety through storytelling supports you on the journey ahead.



Created and published by Soberman LLC™ as part of the Storytelling for Sobriety initiative.