

FEBRUARY NEWSLETTER

FROM THE HEARTS OF NPRC TO OUR ALUMNI



keep going

choose recovery

ALUMNI SPOTLIGHT: Michelle B. *Real Stories. Real Recovery. Real Hope.*

Michelle is celebrating 6 months in recovery and will be graduating from sober living on the 26th! She recently took another huge step forward by going back to school to work toward her GED, all while pursuing her dream of becoming an addiction counselor.

Michelle describes her life before treatment as “chaos” and her life now as “progressing.”

Her message to anyone thinking about treatment: Don't wait. If you're tired and you're ready, take the step. Treatment opens the door to a community that truly wants to see you succeed.

Alumni Winter Adventure at Pokagon State Park

Our alumni had an absolute BLAST racing down Pokagon State Park's Toboggan Run at speeds of up to 42 MPH yesterday! The thrills were nonstop, the laughs were loud, and the memories were unforgettable.

We loved reconnecting with alumni who joined us from **Anabran** and giving a special shoutout to our **Wooded Glen alumnus, Timothy**, for coming along for the ride!

After the adrenaline rush, we refueled at Casa Azteca, a family-owned authentic Mexican restaurant, for an incredible meal. Then it was off to Five Below for some fun shopping before wrapping up the night with a John Wick movie marathon and plenty of snacks.

Huge thanks to our amazing alumni and staff who braved the chilly, unpredictable weather for a weekend full of **sober fun, fellowship, and connection.**

This is what **recovery community** is all about.



Speaker Saturdays Are Back at Northern Path!

We're excited to welcome back Speaker Saturdays at Northern Path Recovery Center! This meaningful tradition gives community members and alumni with 90+ days of sobriety the opportunity to return and share their experience, strength, and hope with our current patients. These powerful stories remind us all that recovery is possible—and that no one walks this path alone.

Pictured above is Brian S., the weekly facilitator of NPRC's AA meeting through the local AA Intergroup. We're grateful for his continued commitment, service, and dedication to supporting recovery within our community.

If you're an alumnus or community member interested in speaking, we'd love to have you—your story matters.



Love in Recovery: Speed-Round Speaker Jam

Join NPRC Alumni for an inspiring evening of connection, encouragement, and shared recovery stories including:

Speed-Round Speakers
Alumni will share short, 30-minute reflections and messages of hope, creating space for many voices and meaningful connection.

One-Minute Open Mic
Between speakers, enjoy brief, honest moments about how recovery has surprised and strengthened us.

Sweet Treats Station
Relax and connect with friends in fellowship while enjoying fondue and a build-your-own candy bag.

Whether you come to speak or simply listen, this is a chance to support one another and celebrate recovery—together.



February 21st | 7:00-9:30 PM
1118 Spring Street, Fort Wayne, IN
RSVP to participate speaking by contacting Alexis S., Alumni Coordinator at (629) 867-0157

Staff Spotlight: NPRC Patient Advocate and Housekeeper, Rachel

you are loved



stay strong

Rachel is Northern Path Recovery's Patient Advocate and client voice, ensuring residents feel heard, respected, and supported throughout their treatment journey. **With over 6 years clean** and active involvement in the **Narcotics Anonymous fellowship**, she brings lived experience and compassion into every interaction.

Rachel helps protect and promote **patient rights**, supports residents in navigating the program, and assists with the fair, timely resolution of concerns or grievances. She also works to reduce barriers to care and helps identify trends that strengthen the safety and quality of our services.

Rachel's dedication to advocacy, service, and recovery makes her an invaluable part of our community — and a powerful example that long-term recovery is possible.

Northern Path Recovery Threads Clothing Drive

Your closet can change a life. Our patients have already taken the first step—now we get to walk alongside them with support, dignity, and care.

We're collecting clothing donations as we prepare to open our clothing closet, Northern Path Recovery Threads, on March 1st, giving those we serve access to essentials and confidence for their recovery journey.

We're accepting:

- All clothing & shoes (all sizes)
- New underwear & socks
- Gently used or new jeans, hoodies, belts, coats, pajamas & more

Drop-Off Location:
3110 E. Coliseum Blvd, Fort Wayne, IN 46805
Monday-Saturday | 9AM-5PM

Every donation makes a difference. Thank you for helping us provide comfort, hope, and fresh starts.



Recovery Is Not Linear—and You're Not Alone

Recovery doesn't follow a straight line. For many people, it includes pauses, detours, and moments of struggle. Relapse does not erase the progress you've made—it doesn't take away your strength, your growth, or your worth. It is one part of many recovery journeys, not the end of the story.

If you're struggling right now, or if things feel heavy, please know this: you don't have to face it alone. Support is available day or night, and reaching out is a sign of courage—not failure.

At Northern Path, we believe recovery is built on compassion, connection, and community. You belong here exactly as you are. Your story matters. Your voice matters.

Whether you need support, resources, or just a safe person to talk to, help is always within reach.

Alexis S., Alumni Coordinator

Call or text: (629) 867-0157

Admissions (24/7):

(260) 901-6980

No pressure. No judgment. Just support, whenever you need it.

progress > perfect

new beginnings

one day at a time

