



NORTHERN PATH
Recovery Center

AUGUST NEWSLETTER

SOBER THROUGH THE SUMMER

Alumni Spotlight: Bobbie's Journey of Support through Community

When Bobbie was asked what advice, she would give to someone entering recovery, she shared:

"You have to learn to break down before you can break through because the only person you are destined to become is the person you decide to be." Sobriety is a journey, not a destination."

These words reflect the reality that recovery isn't about reaching a finish line—it's about choosing growth, healing, and yourself every single day.

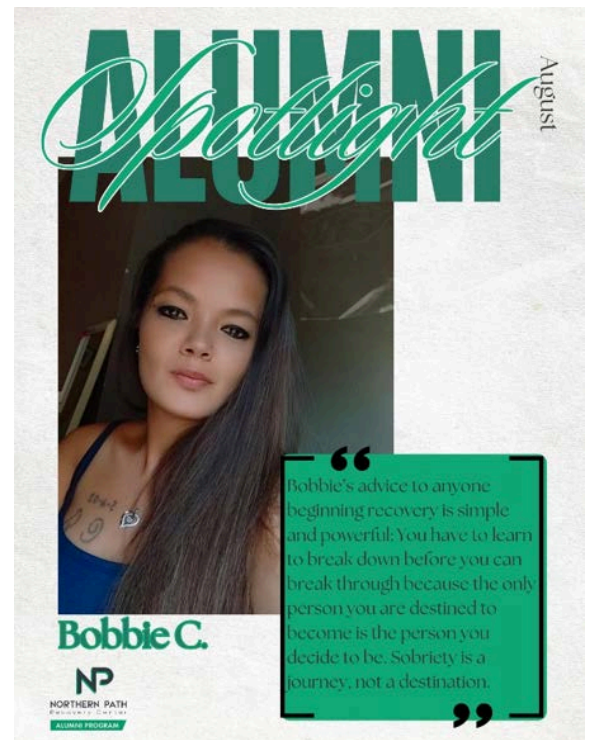
Bobbie described their recovery journey in just three words, their answer was simple but powerful: "Sky's the Limit."

Recovery has opened doors to opportunities and possibilities they never imagined, proving that a brighter future is always within reach.

One of the greatest sources of gratitude in their life is their sobriety and the unwavering support of their best friend and fiancé, Ryan. She shared that without his encouragement, she may have never found Northern Path Recovery Center—a reminder that one person's support can truly change a life.

Today, what keeps her motivated is staying connected. Whether it's attending meetings, participating in alumni activities, or simply remaining involved with the recovery community, those connections continue to provide strength and accountability. Her favorite event is the Friday Alumni Meetings, where she enjoys spending time with fellow alumni who understand her journey.

Bobbie's journey is proof that recovery is possible, hope is real, and together, we truly do have it all.



Meaningful Connections Beyond the Alumni Committee Agenda

Sometimes the most meaningful Alumni Committee meetings don't go exactly as planned. Recently, Ben and I met over coffee and lemonade with the intention of discussing upcoming events and volunteer opportunities. Instead, our conversation naturally shifted to life, recovery, and the experiences we'd each been navigating throughout the week.



We spent time reflecting on how we can continue building and maintaining healthy relationships with the family members and friends who may not share our lived experience in recovery. These conversations are as valuable as planning events, reminding us that recovery is rooted in connection, personal growth, and supporting one another through life's challenges.

Moments like these highlight the strength of our alumni community. Whether we're organizing programs or simply taking time to listen and encourage one another, we continue to foster relationships that make recovery possible.

We're looking forward to our next Alumni Committee meeting on **Wednesday, August 12**, as we continue planning for **Family and Friends in Recovery Day**. We hope you'll join us as we work together to strengthen our community and celebrate the important role that family, friends, and alumni play in the recovery journey.

Celebrating Independence in Recovery



For many people in recovery, the Fourth of July can be one of the most challenging holidays of the year. Large gatherings, celebrations, and the excitement of the day can bring added stress and temptation. That's why having a strong recovery community is so important.

This year, we were reminded of the incredible strength found in connection through Northern Path Recovery Center's Alumni Program. Over the past year, our alumni community has continued to grow, creating a space where individuals can celebrate life's milestones together while supporting one another in recovery.



Our Fourth of July gathering at Lifeway Church was a wonderful example of what recovery makes possible. Alumni came together to enjoy fellowship, share laughter, watch the fireworks, and create new memories—all in a safe, sober environment. Moments like these remind us that recovery isn't about missing out; it's about discovering a new way to celebrate life surrounded by people who truly understand and encourage one another.

As we reflect on this holiday, we're grateful for every member of our alumni family who continues to show up, support others, and demonstrate that lasting recovery is possible.

If holidays or special occasions ever feel overwhelming, remember that you don't have to face them alone. Our alumni community is here to offer encouragement, connection, and hope. Recovery is possible, and together we continue to build a community that stands beside one another—not just on holidays, but every day of the year.



A Dill-ightful Day at the St. Joe Pickle Festival

We enjoyed a wonderful day together at the St. Joe Pickle Festival, spending the afternoon exploring local vendors, admiring the impressive car show, and creating lasting memories.

One of the day's highlights was the popular dime toss game, where the prize depended on wherever your dime landed. It was a fun opportunity to test our luck and share plenty of laughs along the way.



Of course, no visit to the Pickle Festival would be complete without stopping by Sechler's Pickle stand. Many of us couldn't resist bringing home a variety of pickles to enjoy long after the festival ended!

We would like to extend a special thank-you to our alumni, Dre, and one of our former staff members, for joining us and making the day even more meaningful. Events like these remind us that recovery is about more than sobriety, it's about building lasting connections, creating new memories, and discovering the joy of having fun together.

Thank you to everyone who attended and helped make this outing such a memorable experience. We look forward to seeing you at our next alumni adventure!



Celebrating Recovery, Milestones, and Community



Our recent Coin Ceremony was an evening filled with connection, encouragement, and meaningful celebrations as alumni came together to recognize recovery milestones and support one another.

A special congratulations goes to Barbie, who was named Northern Path Recovery Center's newest Alumni Ambassador. Since returning to our alumni community, Barbie has embraced every opportunity to stay involved—attending events, participating in meetings, sharing thoughtful feedback, and encouraging those around her. Her dedication and enthusiasm make her a wonderful addition to our Alumni Ambassadors.

We were also proud to celebrate Aaron, Michaela, Ryan, and Bobbie as they each reached one month in recovery. Every milestone represents courage, perseverance, and hope, and we are honored to celebrate these important achievements alongside them.



The evening also marked a historic moment for Northern Path Recovery Center as we recognized Beau, our first alumnus to join the Northern Path team as an employee. Beau has accepted the role of 3rd Shift Behavioral Health Technician (BHT), bringing his lived experience, commitment to recovery, and passion for helping others into his new position. His journey is a powerful reminder of what is possible through recovery, and we know he will make a lasting difference in the lives of future clients.

Evenings like these remind us that recovery is about so much more than collecting coins. It's about growth, service, connection, and celebrating every step forward together. Thank you to everyone who joined us and continues to make our alumni community such a welcoming and supportive place.

We look forward to celebrating many more milestones together because recovery truly happens in community.

August Alumni Participation Challenge

Get ready for a month of connection, encouragement, and a little friendly competition!

Throughout the month of August, every interaction with our alumni community earns you points toward a chance to win a Northern Path Recovery Center swag item of your choice. From August 1 through August 31, your Alumni Coordinator will track participation, and the alumnus with the highest point total at the end of the month will be crowned our August Participation Challenge winner.

How to Earn Points:

- **Attend an Alumni Meeting:** 5 points
- **Post in the Alumni App:** 2 points
- **Comment on another alumnus's post:** 1 point
- **Attend an Alumni Event:** 10 points

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EVENT PARTICIPATION CHALLENGE!

ENGAGE IN THE APP. EARN POINTS. WIN PRIZES!

HERE'S HOW YOU EARN:

	ATTENDING A MEETING Show up, connect, and earn!	5 POINTS
	POSTING IN THE APP Share your thoughts, wins, photos, or anything positive!	2 POINTS
	COMMENTING ON SOMEONE ELSE'S POST Encourage, support, and uplift others!	1 POINT
	ATTENDING AN ALUMNI EVENT Be part of the experience!	10 POINTS

THE MORE YOU ENGAGE, THE MORE YOU EARN!

Stay active, build connections, and win awesome prizes!
Let's go!

Your recovery. Your community. Your path.

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QUESTIONS?
Ask Ahead!
629-867-0157

This challenge is more than winning a prize. It's an opportunity to stay engaged in your recovery, encourage fellow alumni, and strengthen the supportive community we've built together. Every meeting you attend, every post you share, and every word of encouragement you offer helps make our alumni network stronger.

Whether you're aiming for the top spot or simply looking for more ways to stay connected, we encourage everyone to join in. We can't wait to see our alumni community come together and make August our most active month yet.

Who will earn the bragging rights—and some great Northern Path Recovery Center swag? We look forward to finding out!

Challenge Dates: August 1-31

Stay connected. Stay involved. Recover together. ❤️



Your Story Could Help Someone Take the First Step

As a Northern Path Recovery Center alumnus, your recovery journey is a powerful testament to courage, resilience, and hope. While your story may feel like just one chapter of your life, it could be exactly what someone else needs to see as they consider taking their first step toward recovery.

One of the most meaningful ways you can support others is by leaving a Google review for Northern Path Recovery Center. By sharing your experience, you're helping individuals and families who are searching for answers see that recovery is possible. Your words can

offer reassurance, encouragement, and the confidence to reach out for help.

The impact of recovery extends far beyond treatment. Every milestone you've achieved and every lesson you've learned becomes part of a larger message: hope is real, healing is possible, and no one has to face the journey alone.

If Northern Path was part of your recovery journey, we invite you to take a few moments to share your experience. A simple review can make a lasting difference in the life of someone who is looking for hope today.

- ★ Share your story.
- ★ Inspire hope.
- ★ Help someone take the first step.

Thank you for remaining an important part of the Northern Path family. Your voice continues to make a difference, and together we can help more people find the hope and healing they deserve.