



**Sobriety Centers
of New Hampshire**

MONTHLY NEWSLETTER

June 2025

Issue # 3



ALUMNI BONFIRE EVENT RECAP – A NIGHT TO REMEMBER!

We are excited to share the success of our recent Alumni Bonfire Event at the Antrim House, where over 30 alumni and supporters came together for an evening of warmth, fellowship, and inspiration. The highlight of the night was our guest speaker, Mark from ARC�H, who moved us all with his powerful story of recovery. Mark spoke openly about his 13-year journey in sobriety, sharing not only the challenges he faced but also the hope and purpose he's found along the way. His commitment to speaking and supporting others in recovery is a true example of service in action.

The fire was warm, the conversation was rich, and the sense of community was stronger than ever. Events like this remind us of the incredible strength that comes from staying connected. Thank you to everyone who attended and helped make the night so special. We can't wait to see you at the next alumni event!

Stay connected, stay supported, and keep showing up —we're in this together. 🍷



EMPLOYEE SPOTLIGHT ANTRIM – LEAH (CHEF)

**SHOUTOUT TO CHEF LEAH AT SOBRIETY CENTERS OF
NH – ANTRIM HOUSE!**

WE WANT TO GIVE A HUGE THANK YOU TO CHEF LEAH FOR HER INCREDIBLE DEDICATION AND HEART. FROM DETOX TO RESIDENTIAL, HER AMAZING MEALS BRING COMFORT AND JOY TO OUR CLIENTS EVERY SINGLE DAY. HER COOKING IS ALWAYS THE TALK OF THE HOUSE – AND IT'S NOT JUST THE FOOD THAT MAKES AN IMPACT.

LEAH'S CARING SPIRIT AND COMPASSION SHINE THROUGH IN EVERY INTERACTION, REMINDING EVERYONE THAT THEY'RE NOT JUST BEING FED, THEY'RE BEING CARED FOR. WE APPRECIATE YOU, CHEF LEAH – YOU TRULY MAKE A DIFFERENCE!

NURSING SPOTLIGHT - ANTRIM - BUCK SOMERO

NURSE BUCK FEELS DEEPLY CONNECTED TO HIS ROLE, BELIEVING HE'S EXACTLY WHERE HE'S MEANT TO BE. HIS PASSION FOR HELPING OTHERS BEGAN DURING NURSING SCHOOL WHILE WORKING OVERNIGHT AS A BHA.

EVERY CLIENT FEELS LIKE FAMILY TO HIM, AND HE FINDS JOY IN GETTING TO KNOW THEM.

STARTING HIS OWN RECOVERY JOURNEY WITHOUT SUPPORT, HE NOW STRIVES TO HELP OTHERS THROUGH THEIRS. INSPIRED BY THE IDEA OF BEING THE CHANGE HE WANTS TO SEE AND GUIDED BY A FAVORITE QUOTE FROM MARCUS AURELIUS, "ACCEPT THE THINGS TO WHICH FATE BINDS YOU, AND LOVE THE PEOPLE WITH WHOM FATE BRINGS YOU TOGETHER, BUT DO SO WITH ALL YOUR HEART." HE EMBRACES HIS WORK AND THE PEOPLE IT BRINGS INTO HIS LIFE WITH WHOLEHEARTED DEDICATION.

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**WE APPRECIATE ALL
THE NURSES OF SCN**

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NURSING SPOTLIGHT LACONIA – MICHELLE VIEU

AS YOU MOVE FORWARD INTO THE NEXT CHAPTER OF YOUR PROFESSIONAL AND PERSONAL JOURNEY, WE WANT TO EXPRESS OUR HEARTFELT GRATITUDE FOR YOUR TIME, DEDICATION, AND UNWAVERING COMMITMENT TO RECOVERY AND TO THE SOBRIETY CENTERS OF NEW HAMPSHIRE. YOUR STORY IS ONE OF REMARKABLE RESILIENCE AND TRANSFORMATION—RISING FROM DEEP STRUGGLES WITH ADDICTION TO RECLAIMING YOUR NURSING CAREER AND REBUILDING YOUR LIFE WITH HONESTY, STRENGTH, AND PURPOSE. THROUGH EVERY CHALLENGE, YOU HAVE SHOWN COURAGE, PERSEVERANCE, AND AN UNSHAKABLE BELIEF IN THE POWER OF RECOVERY.

AT SOBRIETY CENTERS, YOUR LIVED EXPERIENCE AND COMPASSIONATE SUPPORT MADE A LASTING IMPACT—NOT ONLY ON THE TEAM, BUT ON EVERY INDIVIDUAL WHO HAD THE PRIVILEGE OF WITNESSING YOUR GROWTH. YOUR PRESENCE REMINDED US ALL THAT RECOVERY IS POSSIBLE, AND THAT WITH FAITH, HARD WORK, AND COMMUNITY, A NEW LIFE CAN BE BUILT. WE WISH YOU ALL THE SUCCESS, PEACE, AND FULFILLMENT YOU SO RICHLY DESERVE. MAY YOUR NEXT ENDEAVOR CONTINUE TO REFLECT THE HEART, HOPE, AND HEALING YOU’VE SHARED HERE.

FAREWELL AND BEST WISHES,
MICHELLE!

YOUR SOBRIETY CENTERS OF NH FAMILY



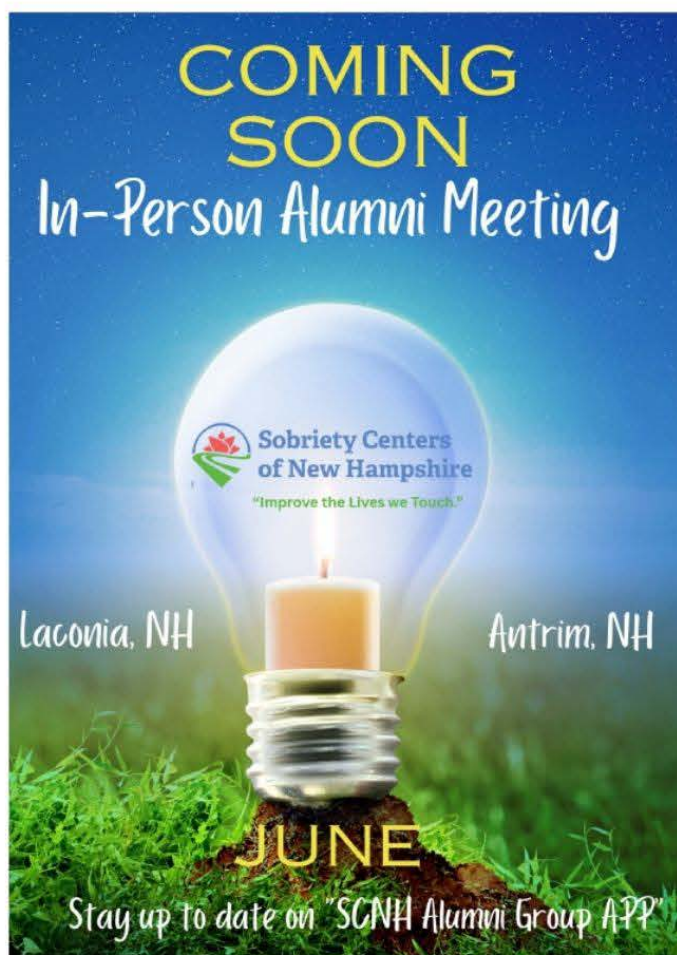
HOPE RECOVERY GALA 2025

ON MAY 17TH, 2025, STAFF FROM SOBRIETY CENTERS OF NEW HAMPSHIRE ATTENDED THE HOPE RECOVERY GALA 2025, A POWERFUL EVENT DEDICATED TO RAISING AWARENESS FOR RECOVERY AND THE ONGOING FIGHT AGAINST THE OPIOID EPIDEMIC. HELD IN SUPPORT OF THE RECOVERY COMMUNITY IN NEW HAMPSHIRE, THE EVENING FEATURED INSPIRING SPEECHES—INCLUDING REMARKS FROM THE MAYOR—AND BROUGHT TOGETHER ADVOCATES, PROFESSIONALS, AND COMMUNITY MEMBERS. OVER DINNER, ATTENDEES UNITED TO RAISE FUNDS AND REAFFIRM THEIR COMMITMENT TO SUPPORTING THOSE IMPACTED BY ADDICTION AND CONTINUING THE VITAL WORK IN THE RECOVERY FIELD.



My Story Is
My Strength

HOPE
RECOVERY



JUNE MILESTONES

90 DAYS
CHUCK M.
DOROTHY L.

100 DAYS
COREY L.
JOSH P.
MELYSIA C.

4 MONTHS
RACHEL R.
CHRIS C.
ANDREA D.
JACOB R.

5 MONTHS
WILLIAM K.
FERN F.

6 MONTHS
TESSA C.

9 MONTHS
KENNETH R.

7 YEARS
ASHLEY K.

11 YEARS
ELIZABETH A.

**JUNE IN-PERSON
 MEETINGS
 WILL SOON BE IN
 LACONIA. GET
 CONNECTED TO
 THE ALUMNI
 GROUP APP &
 STAY TUNED!**



Krystle Coombs

ALUMNI COORDINATOR



**Sobriety Centers
 of New Hampshire**

Our 12 steps for SCNH Alumni

- 1 We admitted we had a problem with alcohol and/or drugs and that our lives had become unmanageable. I recognize that my thoughts, emotions, and behaviors can become unmanageable and harmful when left unchecked.
- 2 We came to believe that we needed support beyond ourselves to recover and that working with others could help restore us to balance and wellness. Acceptance of internal experiences. I accept that sustainable change requires willingness, not perfection, and that I can choose a values-driven path.
- 3 We made a decision to commit ourselves to the process of recovery & take responsibility for our actions. I commit to living intentionally by aligning my actions with my personal values and long-term goals.
- 4 We made a searching & fearless moral inventory of ourselves. I share in truth with a trusted support or guide, embracing vulnerability as a path to healing. I acknowledge the thoughts, habits, & beliefs that no longer serve me & let them go.
- 5 We admitted to ourselves & another human being the exact nature of our wrongs. I practice openness to change & self-compassion as I develop healthy ways of thinking, feeling, & behaving.
- 6 We became entirely ready to work on our personal growth & let go of harmful behaviors. I share my truth with a trusted support or guide embracing vulnerability as a path to healing.

7 We humbly sought to change our shortcomings through consistent action and self-awareness. I identify those I've harmed, including myself, and take steps to make amends with courage and care.

8 We made a list of all persons we had harmed and became willing to make amends to them all. I identify those I've harmed, including myself, and take steps to make amends with courage and care.

9 We made direct amends to such people wherever possible, except when to do so would injure them or others. I take direct and thoughtful action to repair relationships and rebuild trust where possible.

10 We continued to take personal inventory and when we were wrong, promptly admitted it. I regularly reflect on my behaviors and reactions, accepting responsibility and seeking growth without shame.

11 We sought to improve through meditation, reflection, or other personal practices that support clarity, purpose, and peace of mind. I cultivate a mindful connection with myself and the present moment, creating space for clarity and intentional living.

12 Having experienced growth as a result of these steps, we tried to carry this message to others in recovery and to practice these principles in all our affairs. I share what I've learned with others and live in alignment with my values, modeling recovery with humility and hope.



**Sobriety Centers
of New Hampshire**

RECOVERY

for those in need

If you come across someone who could benefit from our program, please don't hesitate to refer them to me. I can help get the process started and ensure they receive the support they need.

Here's how
to reach me:

603.328.7865

krystle.coombs@sobrietycentersofnh.com



Krystle Coombs
Alumni Coordinator



VETERANS JOIN THIS APP!

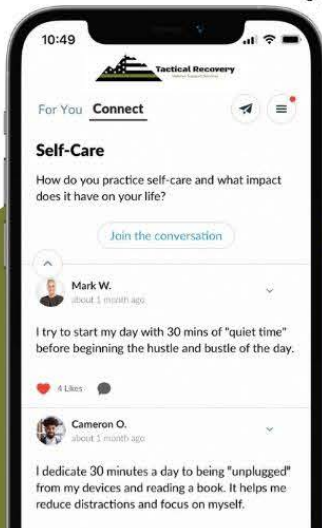


Ready to get started? Scan here >



We're all in this together

Join fellow alumni & staff on the
Tactical Recovery app today!



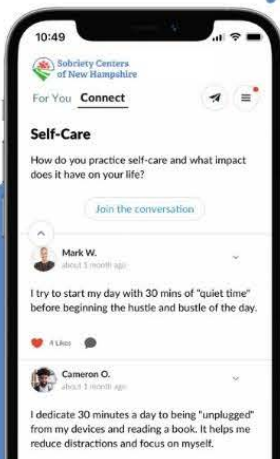
ALL SCNH ALUMNI JOIN THIS APP!

Ready to get started? Scan here >



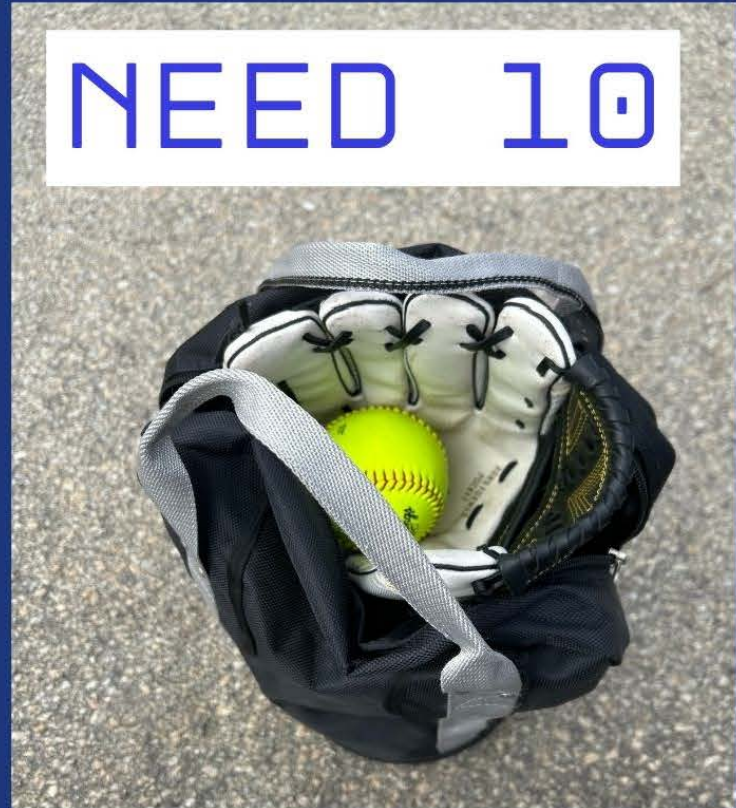
We're all in this together

Join fellow alumni & staff on the
SCNH Alumni Group app today!



WHO WANTS TO PLAY IN A SOFTBALL TOURNAMENT IN AUGUST!?!?

NEED 10



SCNH Alumni Text Krystle @ 603.328.7865 to set your spot on the team!!

OUR NEXT *Alumni Event*

Sobriety Centers of NH Presents

Bonfire Party

Sunday
June
8th

SCNH Women's
Sober House
23 Elm Street
Northfield NH

Music & Jams
Fun Games
BBQ Cookout
Flower Planting
Alumni Swag
who RSVP

Entry Fee is
Free

For more information &
RSVP Krystle
Phone: 603.328.7865

Hamburgers, hotdogs & chips
will be served.
Bring lawn chairs & blanket
to enjoy the event

*Let's Get
the Party
Started!*



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**Empower
your team**

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In this newsletter
you can expect:

01. Alumni Event
Recap & Volunteer
Spotlight
02. NEXT Alumni Events
03. Employee Spotlights
04. Stories of Impact
05. Hope Recovery Gala
06. Tactical & Alumni
Apps & Softball Team
07. SCNH 12 Steps &
Remembrance
08. For those in need &
Remembrance



LACONIA: OUTPATIENT - PHP & IOP

ANTRIM: SCNH DETOX & RESIDENTIAL