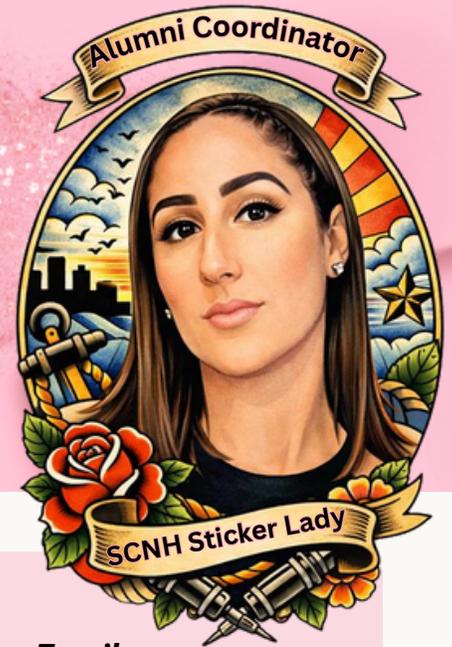


Sobriety Centers February

NEWSLETTER



Email:

Krystle.coombs@sobrietycentersofnh.com

Phone:

(603)328-7865

New Hires

Welcome to our new members of Sobriety Centers! We're so glad you're here to grow with us!

Crislynn Deblois, BHA

Jennifer Botelho, RN

Ginny Lawrence, RN

Mark Chertok, BHA

Daemon Hess, BHA

Jennifer Streicher, BHA

Upcoming Events

🏈 SUPERBOWL Feb 8th

🎵 Recover Concert Feb 11th

❤️ Valentine's Day Feb 14th

🚣 Sober Tubing Feb 27th

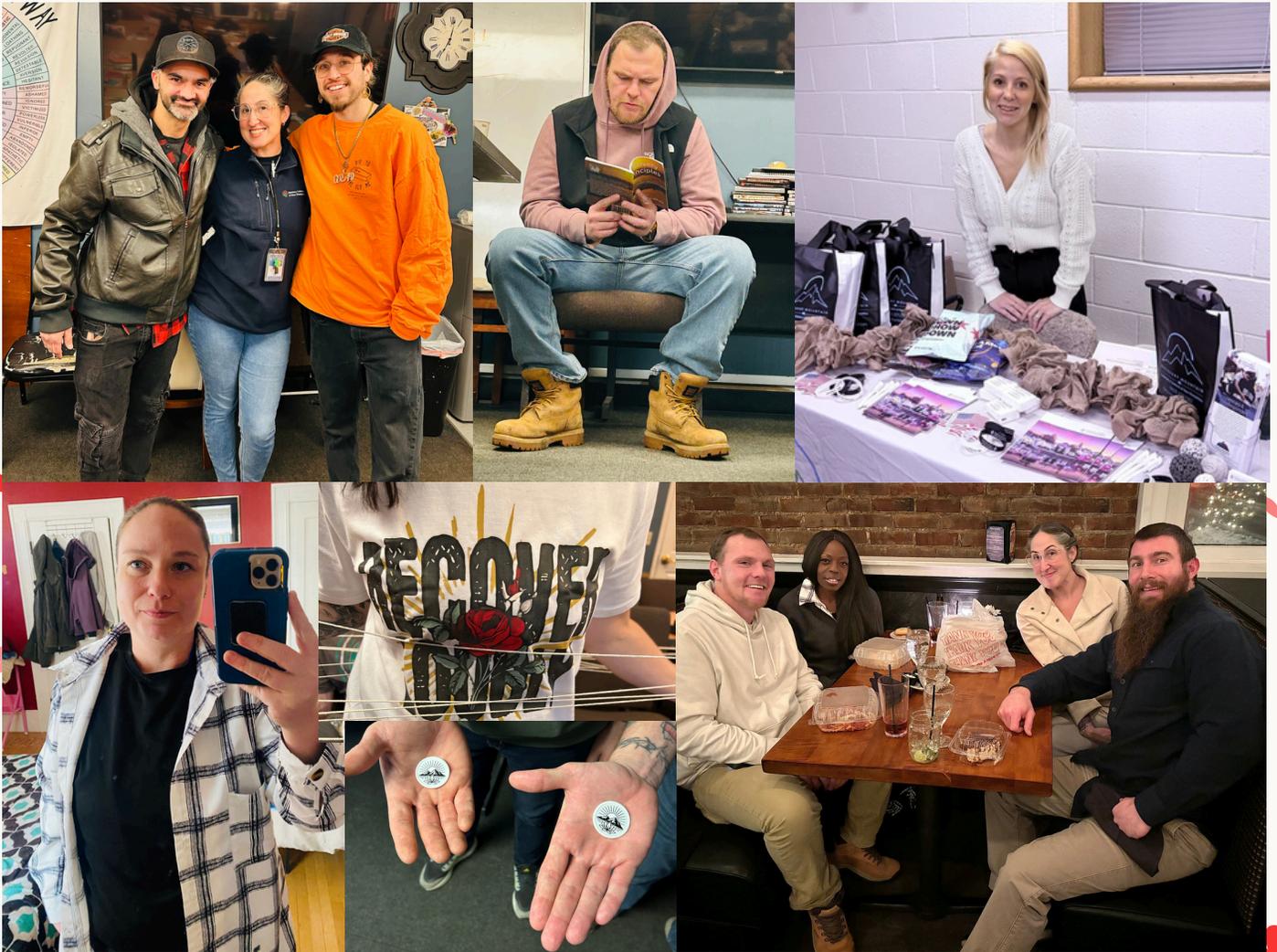
Reminders

Focus on self-love, commitment, and connection without substances.

You're Worth It!

14

Sobriety Centers Events Recap



**“CONNECTION IS THE HEARTBEAT OF RECOVERY.
LOVE KEEPS IT ALIVE.”**

Sobriety Centers Upcoming Events



“Connection Is Our
Favorite Thrill So
Come Slide Into
Sobriety—One Tube
at a Time!”

FRIDAY FEB 27th 5 to 7  Sobriety Centers
of New Hampshire



ALUMNI SOBER TUBING

RSVP Only if you're 100% You Can Attend!

GEAR CHECKLIST	MEETING DETAILS
<ul style="list-style-type: none">• SNOWPANTS• BOOTS• JACKETS• HATS, GLOVES, SCARVES• HAND & FOOT WARMERS• \$\$ For Food or Drinks if needed!	<ul style="list-style-type: none">• Meet Krystle near Clock @ 4:45• We'll take a group photo at our Group Check-in SPOT!• Share Fun, Fellowship & Connection

www.patspeak.com 686 Flanders Road, Hanniker, NH 03242 603.328.7865

Colicchie

2.11.26 6-10P
THE PALACE THEATRE

FREE CONCERT BRIDGING
RECOVERY AND COMMUNITY.



ROCK BOTTOM WAS THE FOUNDATION Presented by **HOPE**

Turn it up with
COLECCHIE 🎵 Come
dance and jam with us—
tickets now on the
Alumni App!



Sobriety Centers Staff Spotlights



Annette Whitcher

I started my position as HR Manager in September 2025. I started my career as a nurse and stayed in the healthcare world for most of my career. I'm very excited to continue to support employees at SCNH as they continue to provide exceptional care to our patients!

In my free time I enjoy spending time with my dogs, my six grandchildren and my husband. I also love to read and watch a good true crime documentary!



Martha Dawson

Congratulations to Martha Dawson on her promotion! Martha has moved from her role as a BHA and is now officially a Clinician in Antrim. Well done on this exciting next step!



Sobriety Centers Alumni Spotlights



Sydney Provost

Through commitment, growth, and staying connected, Sydney continues to show what's possible when recovery comes first. Your journey is inspiring, and we're honored to walk alongside you. Keep shining—this is just the beginning! 🌱🌟



James Costa

James is living proof that real change is possible. Through the guidance of an amazing sponsor, staying committed to his recovery, and consistently showing up for commitments, James continues to do the work—day in and day out.



Sobriety Centers



Sobriety Recovery – Valentine’s Day Affirmations

- “Today, I choose a relationship with myself built on honesty and healing.”
- “My sobriety is an act of love I give myself every day.”
- “I am worthy of connection, clarity, and peace—without substances.”
- “I show up fully present for the life I am building.”
- “Loving myself means protecting my recovery.”
- “I deserve relationships that honor my growth.”
- “My heart is stronger because I choose recovery.”
- “I am not alone—connection supports my sobriety.”
- “Every sober day is a love letter to my future.”
- “I release shame and welcome compassion today.”



Music supports Health & Wellness

Recovery music fosters emotional healing, reducing isolation, and strengthening community connection. By bringing people together in accessible, inclusive spaces, Recovery Music helps build resilient, supportive communities.

NAME: _____

VALENTINE'S HEARTS

Complete the heart with drawings of the people or things you love.

What I love in treatment

What I love from groups

Something I love to do.

The logo for Sobriety Centers of New Hampshire is located at the bottom left, featuring a stylized green and red flower. To the right is a glass jar filled with red hearts.

Sobriety Centers Milestone Celebrations



90 Days

Jeremy G.
Robert M.
Gordon D.

100 Days

Richard V.

4 Months

Desiree M.
Kevin P.
Hunter P.
Casey E.
Dre
Lydia S.
Kris G.
Sam J.
Kianalynn

5 Months

Dee
Isaiah G.
Jean B.
Samuel S.
Troy W.
Tye D.
Amber G.
Samantha C.
Shauna K.
Liz V.
Brooke P.
Joey G.

6 Months

Christine T.
Jessica M.
Marie C.
Toby B.
Phillip G.
Nicole J.
Jamie C.
Sandra S.
Ryan B.
Cassy J.

9 Months

Randy Q,
Sam S.
Brandon C.
Yolanda S.

1 YEAR IN RECOVERY



NelMarie



Andrea D.



Rachel R.



Chris C.

