



# MARCH

## Newsletter



### IMPORTANT INFORMATION FOR MARCH – RECOVERY FOCUS 🍀

#### 1. Spring Renewal Mindset

March represents new beginnings. Use this month to reset goals, recommit to your recovery plan, and reflect on the progress you've already made this year.

#### 2. Be Mindful of Seasonal Changes

Longer days and changing routines can affect mood and energy levels. Stay consistent with meetings, therapy, exercise, sleep, and healthy eating.

#### 3. Stay Connected

Accountability is key. Continue attending support meetings, checking in with your sponsor, and surrounding yourself with positive influences.

#### 4. Watch for Triggers

Spring events, social gatherings, or increased free time may present challenges. Plan ahead, bring a sober support person when needed, and always have an exit strategy.

#### 5. Celebrate Small Wins

Whether it's 24 hours sober or another milestone, every step matters. Progress – not perfection – is the goal.

#### 6. Practice Self-Care

Get outside, move your body, journal, meditate, or try something new that supports your mental health and sobriety.

#### 7. National Nutrition Month

March is recognized as National Nutrition Month. Proper nutrition plays a major role in healing the body and mind during recovery. Focus on balanced meals, hydration, and limiting caffeine and sugar.



## UPCOMING EVENTS:

- 3/6 - Employee Appreciation Day
- 3/6 - Black Balloon Day  
(Lives Lost due to Overdose)
- 3/17- St. Patrick's Alumni Meetup



# 2/11 THE PALACE THEATRE

## Common Ground Colechie Concert



# 2/27 TUBING [AT] PAT'S PEAK

Pat's Peak Sober Tubing Event



# Saint Patrick's Alumni Meetup



Please join us to celebrate

St. Patrick's Day

# MEETUP

5 to 7 pm



## MARCH 17TH 2026

Sobriety Centers - Antrim House  
55 Main Street, Antrim NH 03440



Irish Coffee + Cocoa Bar  
Guest Speakers  
Snacks + Music



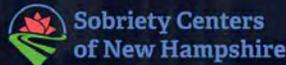
# Staff Spotlight



| SOBRIETY CENTERS - JANUARY - 2025 |

EMPLOYEE  
OF THE  
MONTH

CLINICIAN  
**BAILEY  
HANSEN**



Sobriety Centers  
of New Hampshire

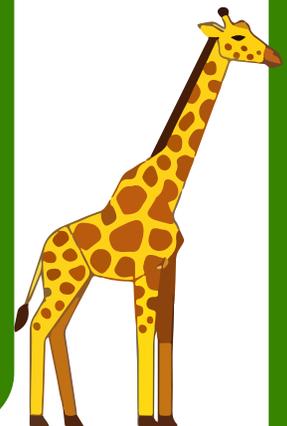
I grew up witnessing both the pain of addiction and the power of recovery through my mom's journey. Watching her rebuild her life showed me that healing is possible with the right support. That experience shaped who I am and inspired me to work in recovery—not just as a career, but as a personal mission to help others and their families find hope and second chances.

Congratulations to Bailey on being nominated Employee of the Month for January 2026! Her unwavering commitment to our clients in Antrim, along with the countless hours she dedicated to keeping our Laconia facility compliant and up to date, truly reflects her dedication. Bailey embodies the true meaning of “Improving the lives we touch.”



**Alexis - BHA**

# Kevin Burke

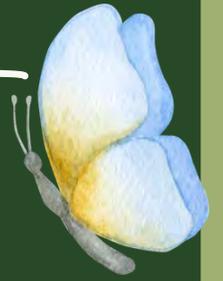


Kevin started his journey with us in Antrim and, over the past year, has been juggling both Recovery Mountain and our Laconia facility with dedication, heart, and unwavering commitment. As a Case Manager, he consistently went above and beyond – advocating fiercely for clients, supporting their goals, and showing up with compassion every single day.

He didn't just fulfill his role – he embodied it. From supporting our alumni program to being a steady, positive presence across facilities, Kevin has been a bright light in our community. His energy, kindness, and willingness to help wherever needed will truly be missed. While we're sad to see him go, we are so excited for what's ahead. We know he will shine just as brightly in his next role as he has here. Thank you, Kevin, for two amazing years of service, heart, and impact. You will always be part of the Sobriety Centers family. ❤️

**#BestDJ #Giraffe #Thankyou #BestCM**

# Alumni Spotlights

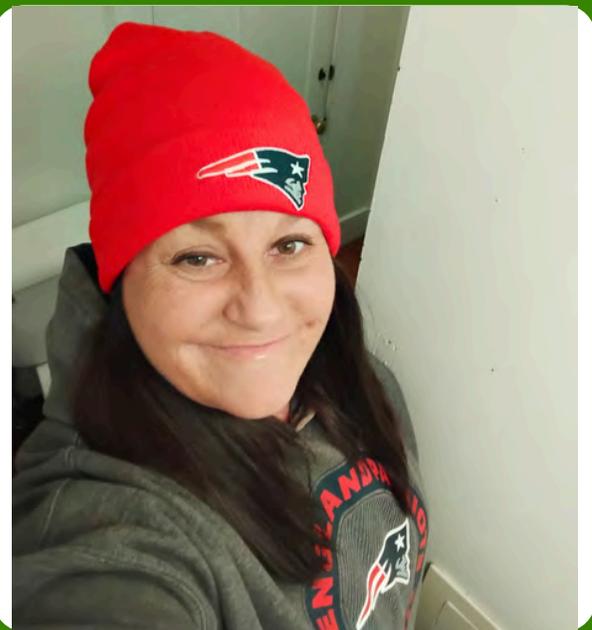


## SAMUEL WARREN

Since leaving treatment, Sam has made incredible progress. He celebrated his son's first birthday at the end of January and successfully completed Level 2 of Drug Court. He is now working toward completing Level 3, demonstrating his resilience, commitment, and continued growth in recovery.

## SANDRA SCHLEY

Loving my life at 6 months sober and in Drug Court. I never thought I'd be where I am today. From my very first day at Antrim, the amazing staff stood by me through the good, the bad, and the emotional days. I'm so grateful for every one of you and for the incredible people I've met who I now call family. I wouldn't be here without you. Thank you, Antrim and Sobriety Centers, for helping me start my recovery journey. ♥



# March Milestones



## 30 DAYS

Crystal R.

## 100 DAYS

Javon B

## 4 MONTHS

Gordon  
Richard V.  
Tyler E.  
Natasha I.  
Robert M.  
Jeremy G.

## 8 MONTHS

Sydney P

## 60 DAYS

Tory D.  
Matt S.

Joshua W.  
Sebastian A.  
Chelsea O.

## 5 MONTHS

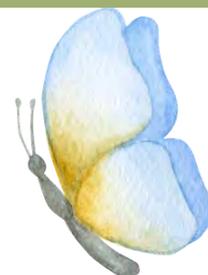
Kris G.  
Hunter D.  
Desiree M.  
Dee  
Zachary B.  
Kevin P.  
Casey E.  
Dre  
Lydia S.  
Samantha J.  
Kianalynn

## 90 DAYS

Aspen M.

## 6 MONTHS

Gerald D.  
Jean B.  
Rechelle Y.  
Troy W.  
Amber G.  
Tye D.  
Samantha C.  
Shauna K.  
Brooke P.  
Liz V.  
Zachary B.



## 9 MONTHS of SOBRIETY

Jacob R.  
Mike N.  
Corey L.  
Ann Marie D.

Robert S.  
Austin A.  
Sherry D.  
Marie B

Violet B.  
James T.  
Dylan L.  
Nicole R.



# March Milestones

## 1 YEAR



Shayna D.



Nicole C.



Josh P.



Peter B.



Melysia C.



Paul G.

## 2 YEARS

Dorothy L.

