

Together We Rise



Empowering Lives Through RECOVERY

SEPTEMBER NEWSLETTER

MONDAY

9/01/2025



Celebrating Recovery: Every Step Matters

September is Recovery Month—a time to honor the strength, resilience, and hope of those on the journey of recovery. Whether you're in recovery, supporting a loved one, or working in the field, this month is for you!

What is Recovery Month?

Recovery Month is a national observance dedicated to promoting and supporting new evidence-based treatment and recovery practices, the emergence of a strong recovery community, and the dedication of service providers and community members across the nation.

Inspiring Stories: Journeys of Hope



"Recovery is not a straight line. It's a journey of ups and downs, but every step forward is a victory."

Read stories from community members who have found hope and healing. If you'd like to share your story, reply to this email—we'd love to hear from you!

Business in a Snap: News That Matters



Connection. Love. Hope. ❤️ That's what our SCNH Alumni community is all about — and we want to celebrate YOU for showing up and staying connected.

From now on, everyone who RSVPs and attends any of our Alumni Events will receive a customized Alumni Coin as a keepsake of your journey and our shared moments together.

This coin isn't just metal — it's a reminder of your strength, the friends who walk beside you, and the hope that guides us forward. Every time you hold it, we hope it reminds you: You are never alone in this journey.

☀️ 8 Tips for Supporting Recovery

- Listen Without Judgment – Sometimes the greatest gift is a safe space to be heard.
- Celebrate Milestones – Every step forward is worth recognizing.
- Encourage Healthy Habits – Support routines that promote physical and mental wellness.
- Stay Connected – A quick text, call, or coffee can make all the difference.
- Respect Boundaries – Let them set the pace for sharing and socializing.
- Educate Yourself – Learn about addiction and recovery so you can better understand their journey.
- Be Patient – Healing is not linear; show grace through ups and downs.
- Lead by Example – Model healthy coping skills and positive living.

💜 Recovery is stronger when we walk it together.



TODAY IS ANOTHER PART OF YOUR

JOURNEY TO GROW AND BE THE

BEST VERSION OF YOU!



603.328.7865



krystle.coombs@sobrietycentersofnh.com

Wear purple to
show your support
for Recovery
Month!



Recovery isn't just about
quitting a substance; it's about
rediscovering your passions,
rebuilding relationships, and
finding joy in the little
moments.



Got treatment at
one of our
facilities?

Scan
QR Code
& write a
5 ★ review!



Antrim



Lakes Outpatient



Recovery Mountain

In partnership with
REVIVE RECOVERY RESOURCE CENTER:

Get ready to lace up your sneakers and join us for a fun-filled day of friendly competition, community connection, and recovery support at Kickball for a Cause!

Whether you're rounding the bases or rooting from the sidelines, your presence helps empower recovery, reduce stigma, and strengthen our community.

Food and Nonalcoholic Beverages, 50/50 Raffle and Auction Table!

KICKBALL FOR A CAUSE

Help us Support **re • vive**
• RECOVERY • COMMUNITY • ORGANIZATION

Non-Profit Reg Fee: \$200 Team Reg Fee: \$250

GRIMES FIELD

Sat. Sept 13th 10am to 4pm

29 PRESTON RD
HILLSBORO, NH

more details to follow!

CONTACT KRYSTLE - SCNH
Alumni Coordinator 603.328.7865

Sobriety Centers of New Hampshire



Come Show Support!

This kickball event is designed to bring people together while raising awareness and vital funds for Revive Recovery, a non-profit organization committed to supporting individuals and families affected by Substance Use Disorder.



KICKBALL FOR A CAUSE

CONTACT KRYSTLE - SCNH
ALUMNI COORDINATOR
603-328-7865

Sobriety Centers of New Hampshire

re • vive



Why Support is Important?

Sobriety Centers of NH's Alumni Program is more than just programming—it's a community.

It's about coming together to share hope, strength, and connection, reminding each person that recovery is not walked alone but supported through lasting bonds and shared experiences.

OPEN MIC, POETRY, MUSIC & DANCE!!

We had an amazing and insightful afternoon filled with self-expression, creativity, and connection. From poetry to dance, the talent shared was truly inspiring, and we're so grateful to everyone who joined us. Thank you to all who came out and made this event so special



CAMPING + FLOATING IN NORTH CONWAY, NH

Our Alumni had an amazing time floating down the Saco River at the Beach Camping Area in North Conway! With guest speakers Tim G. and Becky L. sharing their powerful stories, the weekend was filled with laughter, connection, and meaningful conversations. The campfire at night brought everyone together, creating fun memories and strengthening bonds that will last well beyond the trip.



COMING
SOON
In-Person Alumni Meeting



🔊 Alumni Meetings Are Back!

Starting Tuesday, September 16th
📍 Sobriety Centers of NH - Laconia Facility

🕒 6:00 - 7:00 PM

Join our Alumni Coordinator, Krystle, each week for connection, support, and community. Light refreshments will be provided!

🌟 Come connect, share, and grow together in recovery.

Jami's Turning Pain into Purpose



Jami Gianunzio
BHA - Laconia, NH

I'm a proud mom to an amazing 22-year-old and just celebrated 4 years sober on June 10. After entering inpatient rehab in 2021.

I found my calling in the recovery field — turning my pain into passion.

Sobriety has given me back the life I deserve, and I honor it by living one day at a time, staying grateful, and helping the next person.

Jami was just announced as our Staff of the Quarter! Thank you for all your hard work lately helping out wherever it's needed. 💜

I'm Brittney — a wife, mom of three, and almost four years sober alongside my husband. Recovery didn't just change my life; it changed me.

Six years ago, Antrim House was my first step toward a new life. Today, I return not as a client, but as someone stronger, grateful, and ready to give back. Sobriety has brought me homeownership, stability, and most importantly, purpose.

Now, I'm passionate about walking beside others in recovery — because I know the road, and I believe in where it can lead.

Brittney's Full-Circle Journey



Brittney Demers
BHA - Antrim, NH

This January marks four years with
SCNH!

I first joined as on-floor staff for the women's program, where I quickly earned the nickname "Doreen the Machine" for getting things done. Over the years, I've learned so much about resiliency, self-connection, and the strength it takes for our clients to do this work.

When Detox opened, I stepped into the role of Admin Assistant for the med team, gaining new skills I'm grateful for. Now, as Patient Advocate, this work feels like a natural fit. This is truly heart work, and I'm happy to be here. 💜😊

Doreen Madore

Patient Advocate



RECOVERY MOUNTAIN NEWS

Cigna
EVERNORTH
Optum
UnitedHealthcare
VA Community Care Network
Point32Health
Harvard Pilgrim Health Care
TUFTS Health Plan

IN NETWORK IN REACH

RECOVERY MOUNTAIN
Sobriety Centers of New Hampshire

(603)256-9400
RECOVERYMOUNTAINNH.COM

SOBRIETY CENTERS ALUMNI MILESTONES

30 Days

Ryan B.

60 Days

John F. Emma B.

Brooke P. Mark W.

Nicole J. Brandon F.

Shane M.

90 Days

Sydney P.

Sherry D.

Nicole R.

Jeremy G.

Violet B.

100 Days

Austin A. Mike N.

James T. Dominic C.

Ryan F. Ann Marie D.

45 Days

Jessica M.

4 Months

Samuel S.

Randy Q.

Corey L.

Yolanda S.

Brandon C.

5 Months

Eric S.

Andrew R.

Chuck M.

Kevin D.

Hannah M.

Jamie Q.

6 Months

Melysia C.

Josh P.

Josh W.

9 Months

John W.

Shawna R.

Sarah C.

2 Years
Krystle C.

1 Year

Corey D.

Chelsea L.

Kenneth R.

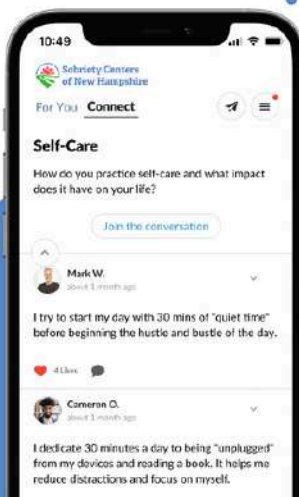
Nicole R.

Ready to get started? Scan here >



**We're all in this
together**

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

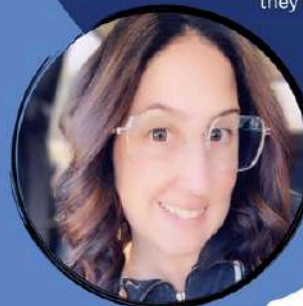


**Sobriety Centers
of New Hampshire**

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.



Krystle Coombs

Alumni Coordinator

Here's how to
reach me!
603.328.7865



603.328.7865



krystle.combs@sobrietycentersofnh.com