

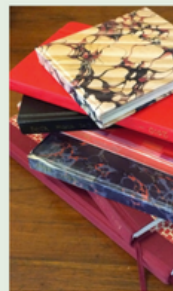
The Inspiring TIMES

January 2024

A Monthly Newsletter from



Thank You So Much!



We wish to express our heartfelt appreciation to Encounter Church for selecting our residents as beneficiaries of their annual 'Big Give' donation campaign. Through the generosity of their congregation, the individuals we serve have received essential items such as warm hats, gloves, socks, slippers, and hygiene products. Additionally, they were delighted to receive a variety of books and art supplies. This thoughtful gesture has played a

significant role in supporting the basic needs of the individuals we serve, reinforcing a sense of community care and support during their recovery journey. We extend our special thanks to Stacie Robinson for initiating this compassionate endeavor, and to Pastor Kevin Kline, with whom we had the pleasure of coordinating the collection of these gifts. Your kindness and commitment to fostering a healthier community are truly commendable. Please know that the direct support you have provided to our residents is deeply valued and makes a meaningful difference in their lives.

Projects, Progress, and snapshots from around the campus!

Goodbye old friend, or should we say good riddance?



To some of us, he was a giggle - to others, he was an unwelcomed guest! We will miss the holiday decorations, but those of us who were frightened daily (and nightly) are going to sleep better. No more jump scare when we glance down the hallway. See you next Christmas, Creepy Clark Griswold!

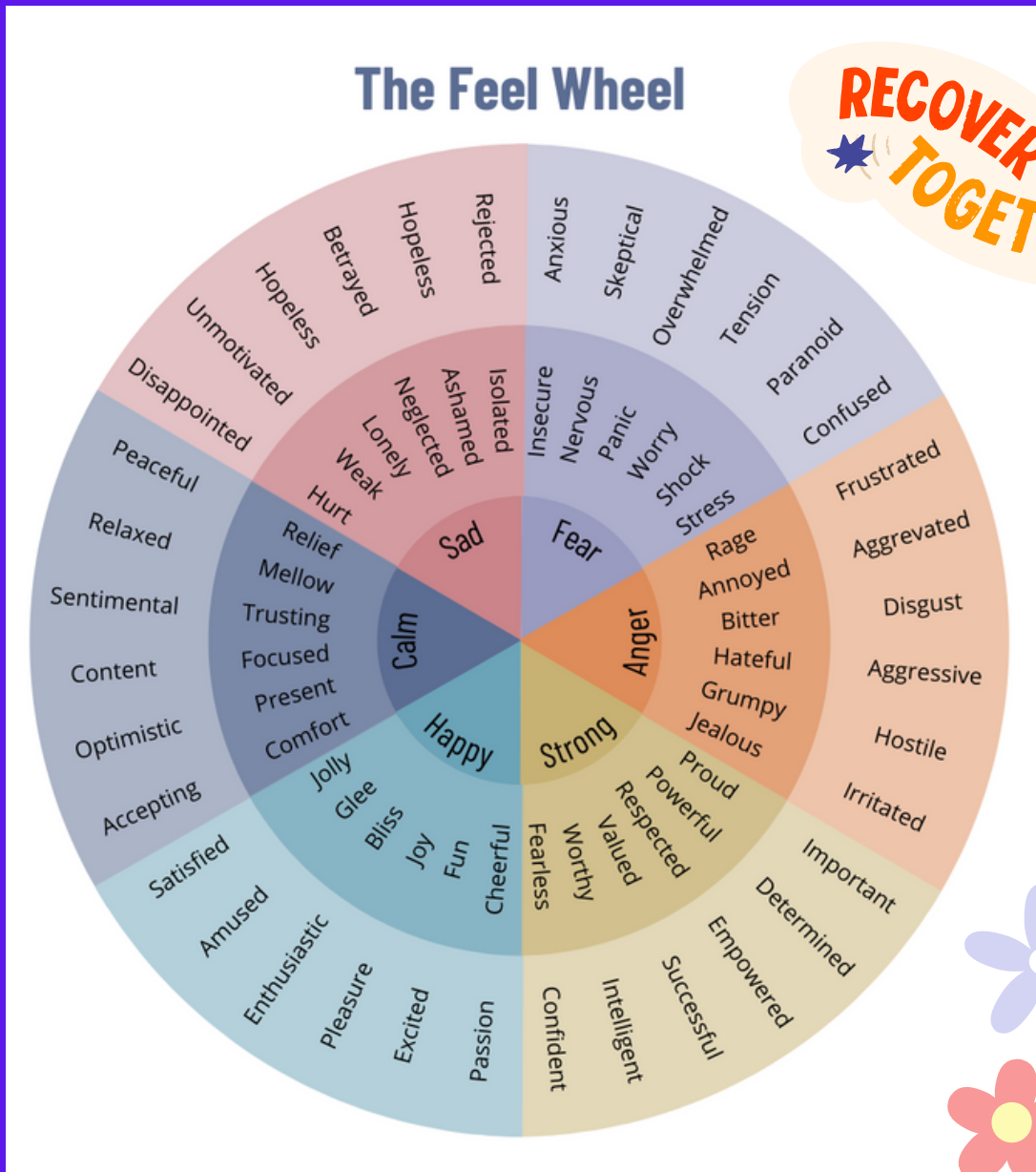


Staff Martha traveled to The Recovery Bank in Scranton for a lunch an learn, meeting some wonderful people in the Recovery field.






Identifying Emotions



Identifying feelings is crucial for maintaining emotional well-being and fostering healthy relationships. It serves as a compass for self-awareness, allowing you to understand the root causes of your emotions and navigate life's challenges with greater clarity. Recognizing and acknowledging your feelings also enables effective communication, as you can express yourself authentically, leading to more genuine connections with others. Moreover, understanding your emotions is a fundamental step towards self-regulation and emotional intelligence, empowering you to make informed decisions and cope constructively with stress. By embracing and articulating your feelings, you embark on a journey of self-discovery, promoting personal growth and resilience in the face of life's ups and downs.


Bulletin Board

Mad Hatters Cafe and Tea Garden
22h · 🌐



THIS FRIDAY AT 6 PM
January First Friday
Athens, PA
16 people interested

"THE SHOW'S PITCH PERFECT HARMONIES, DYNAMIC CHOREOGRAPHY, & COSTUMING PERFECTLY CAPTURE THE SIGHTS & SOUND OF MOTOWN!"



THE Magic OF MOTOWN

A Journey Through Motown's Best including: The Temptations, The Jackson Five, Diana Ross & The Supremes, The Four Tops, Aretha Franklin, Smokey Robinson and more!

JANUARY 13 | DOORS 6:00PM | SHOW 7:30PM
CLEMENS CENTER | 207 CLEMENS CENTER PARKWAY, ELMIRA, NY 14901

Purchase your tickets via the Clemens Center Box Office at (607) 734-8191 or online at ClemensCenter.org.

COFFEE HOUSE Cabaret with **Tapestries**

The music of Carole King, James Taylor & Linda Ronstadt

Friday Jan. 5

Main Gallery: WIAC Artists Winter Exhibition
Artist of the Month Kim Fritzges

WALK IN ART CENTER
220 PARKWAY, SCHUYLKILL HAVEN 17972

WALKINARTCENTER.ORG | 570.732.3728

Taylor Swift Night at Northern Light
FRIENDSHIP BRACELETS, BLACKOUT POETRY, SINGALONG, DANCE

Price \$20

6

SATURDAY AT 2 PM - 7:30 PM
Taylor Swift Night at Northern Light!
951 Main St. Honesdale PA 18431



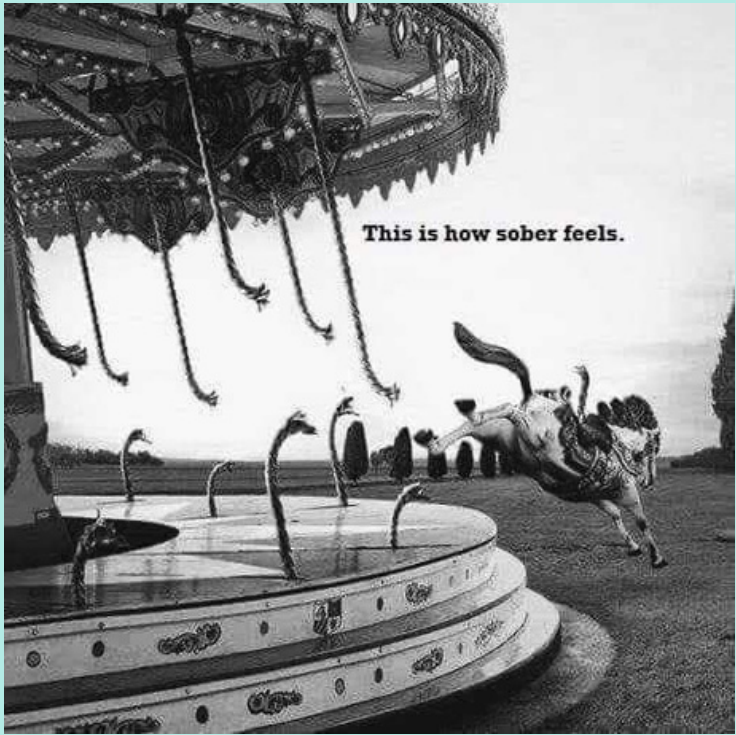
Copper Coins

20

SATURDAY, JANUARY 20, 2024 AT 7 PM - 8:30 PM
01/20 - Samson's Coffee House - Endwell, NY
Samson's Coffee House



Please submit photos, events, or items of interest for The Inspiring Times to MHornby@endlessmountainbhc.com



This is how sober feels.

TOGETHER
★ in ★
RECOVERY



ONE DAY
at a
TIME



★ NOT ALONE ★
in my
RECOVERY



“ It always seems impossible until it's done. ”

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Introducing the You've Got a Friend in Pennsylvania Pep Talk Phone Line! 📞 Call (717) 772-4737 anytime, anywhere to hear words of encouragement and positivity! Whether you're feeling a little blah or need a boost of motivation to start your day, we've got you covered! ✨

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