

ALUMNI NEWSLETTER

Alumni Tuesday Meeting

Our Tuesday night Alumni meeting continues to grow each week, and the impact has been truly powerful—not only for our Alumni, but for those who will one day follow in your footsteps. Thank you to everyone who shows up, shares openly, and carries the Alumni message of hope to our future Alumni. We know recovery works when we work it together, and each of you plays a vital role in that process. Your willingness to share your experience and strength matters—people listen, lives are influenced, and recovery is strengthened because of you.



January Recap:

Sledding Trip

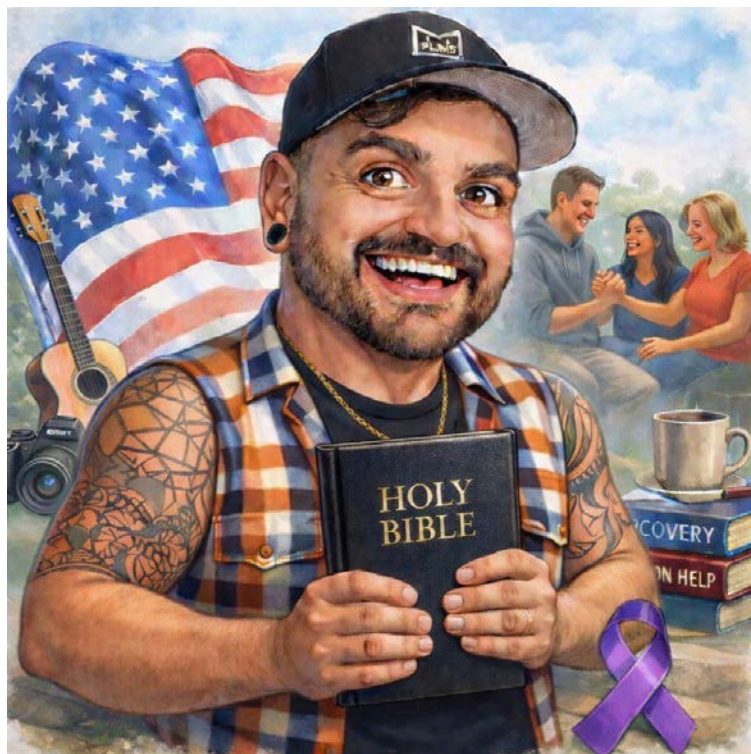


This month, was a first for all of us Alumni coming together for a weekend trip down the ice slopes at about 40-50 MPH !!!

We had the chance to travel up north together and turn it into a truly unforgettable trip. After a full day of sledding, we headed back to the hotel for some well-deserved rest (because, let's be honest, some of us needed it 😊). Later, we all regrouped for an incredible dinner—sharing laughs and some seriously good Mexican food. We wrapped up the night with movies, plenty of sugar, and great company until we finally called it a night. This one-of-a-kind trip was made possible by teamwork, and we're incredibly grateful for our amazing Alumni who stepped up to help make it all happen.

As we come together at these Alumni events, the conversations never stop at the present—we're always brainstorming what's next and how we can make this year even stronger than the last for each and every one of us. I want to salute every Alumni for the hard work, commitment, and heart you continue to put into your recovery and this community. It truly pays off—not only for you, but for the future Alumni who are watching, listening, and finding hope through your example. Your efforts are shaping what comes next. If you have ideas, suggestions, or events you'd love to see happen, please reach out and let me know so we can bring them forward and keep building something even better—together.

Alumni Coordinator



Please know this—you are not walking this journey alone. As your Alumni Coordinator, I am fully committed to standing with you every step of the way. Whether you're celebrating a win, facing a hard day, or just need to check in, never hesitate to reach out by phone or through the Alumni App. I'm here for you—always.

February is already here, and we're rolling into it with one of our favorite events—Alumni Bowling Night! This is your night to bring along friends, family, and anyone who supports you in your recovery (as long as they're sober) as we celebrate how far you've come together. These nights are about laughter, connection, and showing the people in our lives what recovery can look like when it's full of joy.

Be sure to keep an eye on the Alumni app—event details always land there first, and it's also my favorite way to check in, stay connected, and see how life is treating you outside the meetings.

Our Alumni Ambassadors will be getting together by the end of the month to plan even more meaningful (and fun) events and get them locked into the calendar. If you've ever wondered about the Ambassador Program, it's not about a title—it's about service. It's about showing up, giving back, and supporting our Alumni community in real ways. Each week, I'm meeting more Alumni who are past their first six months of sobriety and already finding ways to serve, connect, and lead by example—and that right there is what makes this community so special.

Tuesday Alumni Meetings – Come Be Part of the Magic!!

If you haven't made it to our weekly Tuesday Alumni Meeting yet, this is your sign. We gather every Tuesday at 6:30 PM in the Anabranch gym, coming together alongside our newest community members. It's more than just a meeting—it's a chance to stay connected, give back, and be part of someone's very first steps into recovery. Your presence matters more than you know. And as a bonus, you'll get a sneak peek at the exciting remodeling happening around the facility!

Big Things Are Coming—Stay Connected!

Behind the scenes, we've been building relationships across the recovery community to bring fresh, meaningful, and fun events to our Alumni family. All the details will always drop first in the Alumni App, so make sure you're staying plugged in. Have an idea for an outing or something you'd love to do together? We want to hear it! Send a message in the app or reach out directly—this community grows best when we build it together.



Upcoming Events in February

☀️ **Save the Date: Come join us for our Bowling Night- 02/19/2025** 🎳

🎳 Mark your calendars! We will be having our blowing event at **Vigo Bowling Alley on Thursday, February 19th.** 🎳

Here's what to know:

- **210 S 9th 1/2 St, Terre Haute, IN 47807** by 6pm to get the full night
- All details and RSVP are in the **Alumni App** — please RSVP so we can plan!
- This event is for all alumni, friends and family!
- Expect Lots of Pizza, Fellowship, and great new memories.

Need Help with the App?



For the most up-to-date info on all Alumni Events, log into your Alumni App.

Questions? Contact Trevor, your Alumni Coordinator, at 812-233-1264.



February's Contest for Anabranch Alumni!

Here's the deal—let's spread some gratitude!

All through the month of February, I want to hear what you're grateful for. Entering is easy—just send me one text at 812-233-1264 sharing something you're thankful for, and you're officially entered to win!

We'll announce the winner at our next Alumni event, so make sure you're there 👁️ Not on the Alumni app yet? No worries—text or call Alumni Coordinator Trevor at 812-233-1264, and we'll get you connected.

Don't miss out—gratitude pays off! 🎉

☀️ Alumni Spotlight Shout-Out! ☀️

This month, we're shining a very special spotlight on an incredible couple—**Christopher and Janeen Demoss**. From day one at Anabran, these two have shown up with open hearts, a strong commitment to their own recovery, and a genuine desire to lift others along the way. Their recovery hasn't just been something they work—it's something they live.

You'll see Christopher and Janeen everywhere—at Tuesday Alumni meetings and beyond—consistently showing up to support the next person walking through the doors. This week, I had the chance to sit down with them and catch up on all the amazing things happening in their lives. Not only are they both continuing to grow in their recovery, but they're also moving up in their careers—all while staying grounded in service and gratitude.

It is truly an honor to introduce Christopher and Janeen as our newest Anabran Alumni Ambassadors! This role fits them perfectly—not because of a title, but because of their servant hearts. The way they love, support, and lead by example has been a blessing to witness, and their light is felt everywhere they go.

When you see them next, make sure to congratulate them and let them know how proud we are. As an Alumni family, we're incredibly grateful to have people like Christopher and Janeen among us—people who remind us what's possible when recovery, service, and community come together.

Thank you both for all that you do. You are a true gift to this program and a huge part of the amazing things happening here. ❤️

After asking them what was one of their favorite quotes they have learned since working their program they shared **“Throughout our journey there will always be Highs and Lows! With Faith, Hope and Trust we will Always be Stronger than Ever...”**

Keep that flame shining bright you two!!!

