



# Family Newsletter.



December 2023



Picnic at East Fork Lake during WARMER days!

## Merry Christmas and a Healthy and Happy 2024!

Here's to our second holiday season in our homes!

This year we planted gardens at both houses.

We also financially supported monthly activities planned by residents for the recovery community...check out our photos!

### Upcoming Events-Alumni welcome!

- **December 21<sup>st</sup> 2023**  
6pm Christmas Lights Walk@ New Richmond
- **January 17<sup>th</sup> 2024**  
6pm Game Night @ Location TBA
- **February 14<sup>th</sup>, 2024**  
Bowling Night  
Time and Place TBD
- **March 27<sup>th</sup>, 2024**  
Frisbee Golf Place  
TBD



Fall at The Bethel House



## Resident Spotlight - KB

### How has sober living benefited you?

*“Sober living has been essential to building a foundation of recovery –that I’m still working on... but being able to be introduced to meetings and a sober support system, it is essential, really, to maintain my sobriety.”*

### Being in a house with other women in sobriety how does that support you?

*“That is incredible. Most of these women have become family, they’re not just, you know, another face in recovery. And even through our ups and downs we find a way to meet each other in the middle and we’re really encouraging of each other.*

*There isn’t a single time when somebody is having a bad day or something traumatic happens in our lives that we aren’t there for each other to build each other up and help us make it through another 24 hours sober...and that is really essential, especially when you’re first being introduced to sobriety and recovery and really trying to make it through... you can’t do it alone and you never have to here....and that has been amazing!”*



KB with her children

### Since opening in 2022:

- 1969 days of sleep at The Bethel House for women.
- 3441 days of sleep at Guardian House for Men.
- 21 Ladies and 27 Gentlemen helped.

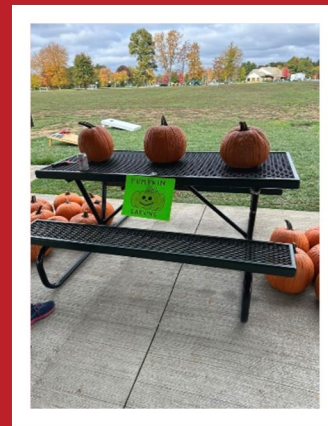
For more info, visit our website [www.onourwayhome.org](http://www.onourwayhome.org) and to donate.



Bowling Night



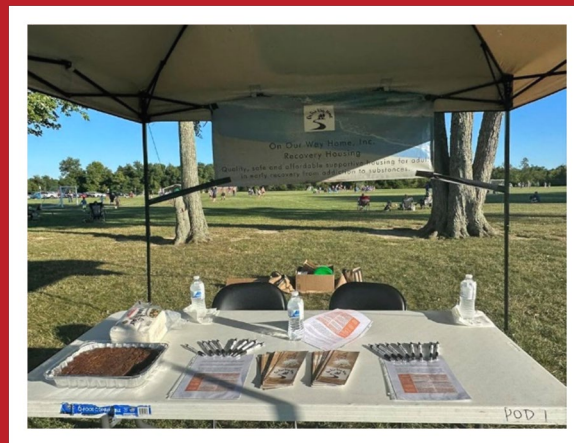
First Annual Harvest Festival



Pumpkin Carving



Bundled up for Volleyball

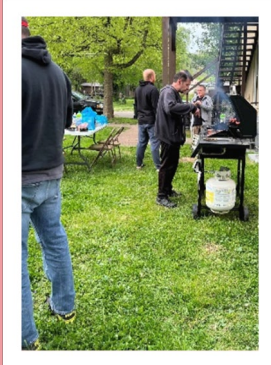


Overdose Awareness Day Booth





## Faith Community Corner



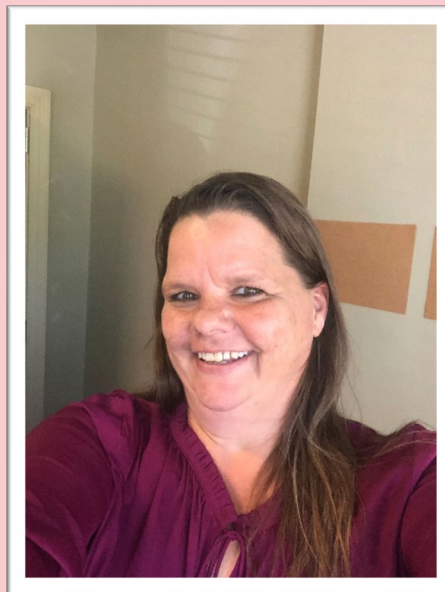
Life's Healing Choices  
Celebration  
Several residents at  
Guardian House  
attended a 6-week Life's  
Healing Choices  
Program from Celebrate  
Recovery with support  
from Connection Point.

Cranston Memorial  
Presbyterian Church  
supported the setup of  
our therapy garden at  
Guardian.

We are grateful!

## Staff Spotlight – OOWH Housing Manager

Melissa Simpson has been our Housing Manager since August 2022. She has been the voice of On Our Way Home to the recovery community. Melissa is a Certified Peer Support and has completed her Preliminary Chemical Dependence Counseling Assistant (CDCA).



During the day you may find her at the office at Guardian in New Richmond, or maybe she is visiting Bethel House, driving residents, or picking up supplies.

She has a heart of gold and is so excited to see our residents make progress in learning healthier skills for their road to long term sobriety and independence.

With her 6 year old grandson living with her now, we know that Christmas will be special for both of them this year!