



## Merry Christmas and Happy Holidays!

There's something undeniably magical about Christmas. It's a season wrapped in twinkling lights, cozy traditions, nostalgic memories, and an extra dose of kindness. Whether you celebrate with a big family gathering, a quiet night by the tree, or a mix of both, Christmas reminds us to pause and appreciate joy in togetherness, in giving, and in the simple moments that make the holiday season unforgettable.

## December Holiday and Observance Days

- Dec. 7<sup>th</sup>** – Pearl Harbor Remembrance Day
- Dec. 10<sup>th</sup>** – Human Rights Day
- Dec. 21<sup>st</sup>** – Winter Solstice
- Dec. 25<sup>th</sup>** – Christmas Day
- Dec. 31<sup>st</sup>** – New Year's Eve

## Alumni News

St Gregory Recovery finally received approval from the State to bring Alumni to come to the facility. Even though we have some requirements, please reach out to the Recovery Life Coach for more information. We are also planning events with Alumni and clients together.

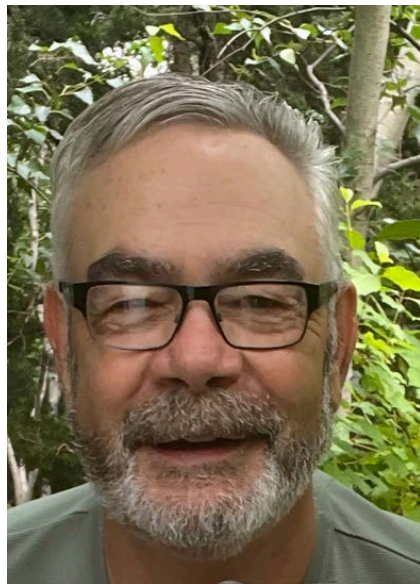
We currently have Mondays open for January 2026. If you are interested in coming to speak with the clients, please contact us at 641-740-1731.

Some of the recent alumni who came during the month of November to speak with the clients.

Sandra Lowman



Doyle Engelen



Chris Garmon and Becky Swanson



## Cookie Decorating and Ornament Making

For everyone interested in joining Ivory Plains and SGRC at the IOP office in WDM, please RSVP by texting Anna or Wilma at the numbers provided.



## Congratulations to our Alumni who will be celebrating sobriety milestones, birthdays, and anniversaries during the month of December!



## Why treatment now makes sense:

- 🎄 Holidays are tough — you deserve support, not struggle.
- ❤️ You'll be surrounded by community, not isolated.
- 🧠 A reset before the new year sets you up for a strong start.
- 📄 Insurance deductibles reset soon — if you've met yours for the year, treatment may cost significantly less right now.
- 🏠 Fast admissions around the holidays mean little to no wait time.
- 🔄 It's a safe place to get back on track if you're slipping or relapsed.

**If you or someone you love needs help, give us a call**

**You're not alone. We're here 24/7.**

Help us help others who are struggling with addiction.

Please send them our way!



## St. Gregory Alumni App

Please download this app to your phones to stay connected to your peers and staff, tracking your sobriety milestones, or participating in uplifting, and supportive content, or use the QR code as provided on the flyer below. Email or text the Recovery Life Coach for instructions. See email and phone number below.

We also need more participation from Alumni on the app! Please share pictures of your choice and/or inspirational quotes! Your interaction with all new alumni on the app is very important!

Look out for some contests on the app, too!

Please play along!

[Wilma.leibbrandt@stgregoryctr.com](mailto:Wilma.leibbrandt@stgregoryctr.com)

641-740-1731

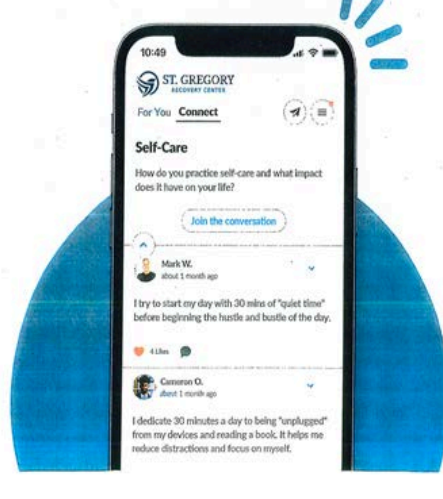


Ready to get started? Scan here >



## We're all in this together

Join fellow alumni & staff on the St. Gregory Alumni app today!



## Weekly Alumni Recovery Zoom

