

JANUARY 2026 NEWSLETTER



Happy 2026

May 2026 be the year your dreams take flight, your heart stays light, and every day feels just right. Happy New Year!

January Holiday and Observance Days

January 1st – New Year's Day

January 19th – National Popcorn Day

January 20th – Martin Luther King Day

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 Monday openings for February and March. If you are interested in coming to speak with the clients, please contact us at 641-740-1731, or email to Wilma.leibbrandt@stgregoryctr.com

Some pictures of our alumni who came during the month of December to speak with the clients.



Holly Q.



Brian K. and Rob D.



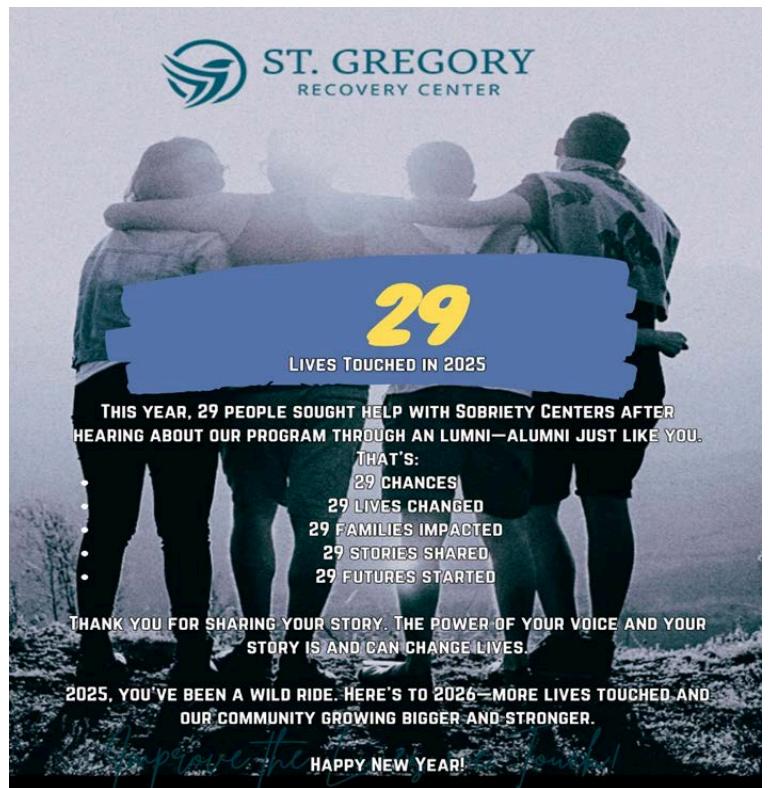
Janet R. and Doyle E.



Renee G.

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





Because of our Alumni Referrals, we could help 29 other individuals who were struggling during 2025. Keep refer them to us and thank you from St Gregory Recovery staff.

A reminder of the strength that comes from walking this journey together.

I am so glad you are part of our alumni community. If you ever have a friend or family member who is struggling, you can always reach out to me, share my number or give me a call. We'd love the opportunity to walk alongside them in their recovery and make sure they get the care and support they deserve. Just like you, they'll have a community to lean on long after treatment.



Ways to help

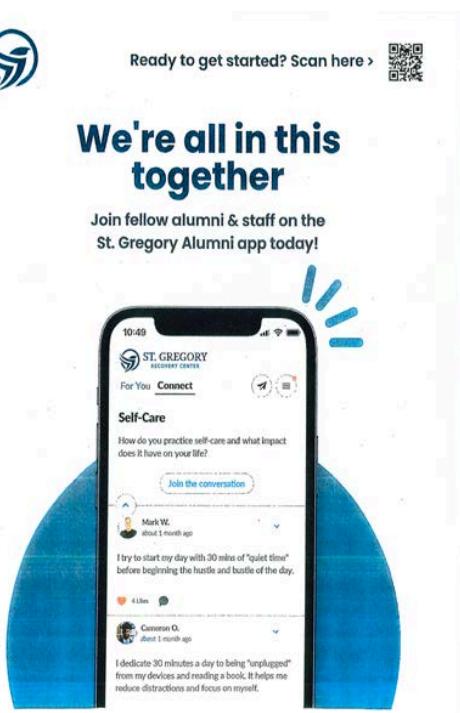
- Share my number
641-740-1731
- Admissions
888-778-5833
- Or, connect with me via the app.

ST. GREGORY
RECOVERY CENTER

Thank you for helping us extend hope, healing, and fellowship to others who may need it.

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
641-740-1731

Weekly Alumni Recovery Zoom

A composite image. On the left is a flyer for the "Alumni Recovery Zoom". The flyer has a teal background. The title "Alumni Recovery Zoom" is at the top in white. Below it, the text "Join us in our weekly virtual alumni support group meetings on Wednesdays." is in white. Underneath that, "Meeting time: 7:00 PM - 8:00 PM" is in white. Further down, "Zoom Information:" is in white, followed by "Zoom ID: 922 1370 2709" and "Passcode: 421979" in smaller white text. At the bottom is the St. Gregory Recovery Center logo and the text "ST. GREGORY RECOVERY CENTER". On the right is a photograph of a laptop screen showing a video call with three people. A person's hand is visible on the laptop's trackpad.