

DECEMBER NEWSLETTER

Encouraging Others in Recovery 🌟

You don't have to wait for a crisis to start healing. Therapy isn't a last resort — it's a powerful tool for growth, clarity, and becoming who you're meant to be. ✨

If you're in recovery, please hear this:

The coping skills that once helped you survive were important at the time. They kept you going. But as you heal, you're allowed to outgrow them. You're allowed to learn new ways to love yourself. ❤️

That hurt part of you — the inner child who carried so much pain — deserves patience, compassion, and support. And it's never too late to reparent yourself, to choose peace over survival mode, and to build a life that actually feels safe. 🌸

Recovery is not about perfection. It's about progress.

One day at a time. One layer at a time.

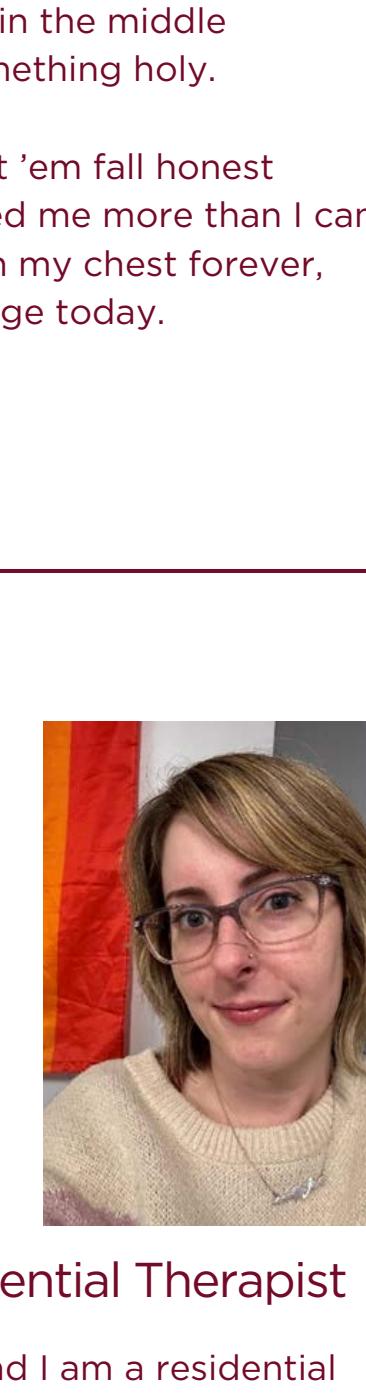
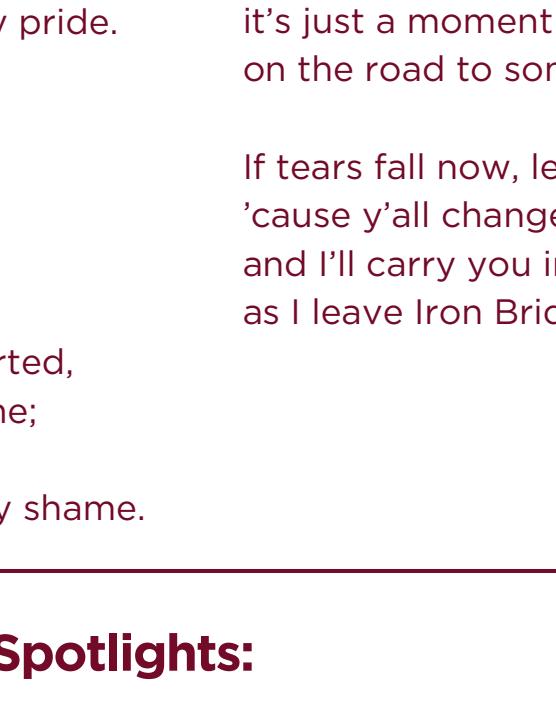
And you are doing better than you think. ✨

Keep going. You're worth every bit of healing that's coming your way. ✨

Happy Holidays to you and yours!

**#YouAreNotAlone #RecoveryCommunity #HealingIsPossible #TherapyWorks
#InnerChildHealing #OneDayAtATime #RecoverySupport #KeepGoing
#TrustTheProcess**

Susan Gill, CSAC-A, R-CPRSP
Alumni Coordinator
804-895-1886



Alumni Corner:

🌟 Goodbye to Iron Bridge 🌟 Deeper Than Blood

By: Tennessee Thweatt III
December 2025

Goodbye to Iron Bridge Recovery, the place that broke me open clean where I faced the man I used to be and met the man I've never seen.

Goodbye to every voice and face that shared my nights, my pain, my days; y'all held me up when I was slipping, helped me change my broken ways.

Drugs weren't the demon chasing that war was won before this door, but my habits, wounds, and hidden storms were battles shaking me to the core.

You stood beside me through the cracking, through the truth I tried to hide; every "you good?" and quiet moment stitched the strength back in my pride.

Every laugh became a lifeline, every tear became a prayer; every time I felt like fading, one of y'all was standing there.

I walked in blind and heavy-hearted, carrying shadows I couldn't name; I walk out lighter, lifted higher, 'cause you loved me through my shame.

Now I'm stepping toward my purpose, toward a dream I'm meant to chase to build my company from nothing, put hope back in the broken places.

And when my book finally drops one day, flip those pages nice and slow some of y'all are written deep within in ways I hope you'll never know.

I love y'all more than simple words, more than "fam" or "bro" or "friends"; you flow through me like living blood that never stops, that never ends.

This ain't goodbye forever this ain't the ending of our story; it's just a moment in the middle on the road to something holy.

If tears fall now, let 'em fall honest 'cause y'all changed me more than I can say; and I'll carry you in my chest forever, as I leave Iron Bridge today.

Employee Spotlights:

Ashley Ferren, Therapist

MSW, Supervisee in Social Work

I'm Ashley — a therapist, yoga lover, and cat-mom to four. I lived in Norfolk for 11 years before moving to Richmond, where I continue to support adults living with serious mental illness, substance use disorders, and developmental disabilities. I share a home with my sister, collect tattoos like artwork, and try to bring humor, warmth, and real-human energy into every session.



Kemp Spangler, Residential Therapist

My name is Kemp Spangler, and I am a residential therapist at Iron Bridge Recovery Center. I graduated from Virginia Commonwealth University with a Bachelor's Degree in Psychology and a Master's Degree in Social Work. Currently, I am licensed as a Supervisor in Social Work obtaining my hours toward LCSW licensure. As someone in long-term recovery, I am passionate about helping those affected by substance use. I strongly believe in treating the whole person by focusing on the mental, emotional, spiritual, and physical aspects through a trauma-informed approach.



White Elephant Gift Exchange

Saturday, December 13th

SATURDAY, DECEMBER 13TH

WHITE ELEPHANT GIFT EXCHANGE

What to Bring:

- Dessert to share
- Gift for the Exchange
- Gift for a client in treatment

EXCHANGE GIFT LIMIT

\$20

2pm - 6:00 PM @ Iron Bridge Recovery, 6701 Court Yard Rd.

TEXT SUSAN W/ QUESTION 804-895-1886

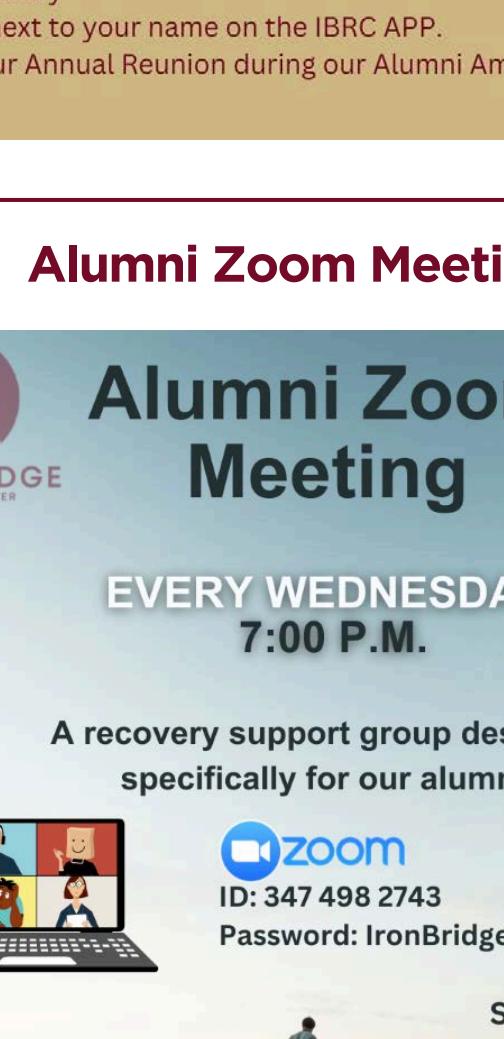
Suggested client gifts: \$10ish

- pajama pants
- slippers
- gloves, hat, scarf

• or something you would want! You've been in treatment.

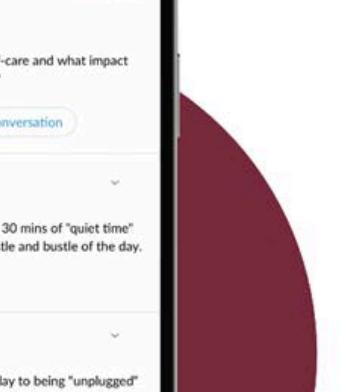
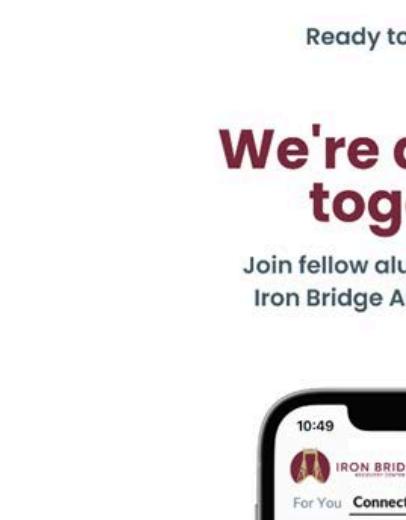


Christmas Card Drive



Pictures from our Alumni:

Friendsgiving Event 11/26/2025



Alumni Ambassador

Become a IBRC Alumni Ambassador!

IRON BRIDGE

RECOVERY CENTER

We are looking for members of our Alumni community with 1-year or continuous sobriety to become IBRC Ambassadors. This is a great opportunity to give back to the facility to share their story.

What is an IBRC Alumni Ambassador?

- Engaged on the app in the Alumni Community
- Engage on the app frequently
- Help promote IRBC in a positive light (word of mouth, google review etc)
- Refer others suffering from addiction to IRBC to share their story

What's in it for you?

- Receive IBRC T-shirt!
- An opportunity to help and support the alumni community (you have to give it away to keep it!)
- Enhance your recovery experience by helping others
- Return to share your story
- Get recognized AMBASSADOR next to your name on the IBRC APP

• Get recognized at our Annual Reunion during our Alumni Ambassadors Ceremony

Ready to get started? Scan here:

We're all in this together

Join fellow alumni & staff on the Iron Bridge Alumni app today!

Join the Iron Bridge