



IRON BRIDGE
RECOVERY CENTER

APRIL NEWSLETTER

April has a way of reminding us that growth doesn't always come easy. The rain shows up, the skies turn gray, and things can feel messy—but beneath it all, something new is taking root.

Recovery often looks like that. There are seasons where it feels uncomfortable, uncertain, or heavy. Those moments can be hard to sit with, but they are often where the most meaningful growth begins.

As we move through this spring season together, take a moment to reflect: What are you nurturing in your life right now? Is it connection, honesty, willingness? And what are you ready to let go of—old patterns, resentments, isolation?

Just like the world around us begins to bloom again, each of us has the opportunity to grow into something stronger, healthier, and more alive.



This month let's lean into the process together. Stay connected, support one another, and remember that even on the rainiest days, something good is still growing.

With gratitude for each of you,

Susan



Alumni Photo Contest

IRON BRIDGE
RECOVERY CENTER

APRIL 2026

**Bloom Where
You're Planted**
PHOTO CONTEST

Share a photo of:

- Nature
- Personal Growth
- Something that represents peace or progress

The photo with the most likes, wins a prize!

Upcoming Events:



Alumni
LUNCHEON
NO FRILL GRILL

April 26, 2026
@ 1pm
1620 Laskins Rd.
VA Beach, VA 23451

RSVP SUSAN
804-895-1886



Coffee Date!

Join us as we try a new coffeehouse
and take a stroll on the Riverwalk at
City Park

Saturday
May 16th
@ 10 am

Brew and Blossom Coffee
101 S. Main St.,
Hopewell, VA 23860



Come Journey with Us!
Ancient Wisdom, Modern Mind:
Tools to Regulate, Restore, and Lead



Come journey with us as ancient wisdom meets modern neuroscience. In this interactive workshop, **Ashley Coleman** shares simple breath-based tools to shift from reactivity to calm, clear leadership.

What You'll Learn:

- The science of stress and how the nervous system shifts under pressure
- How breath directly influences emotional regulation and perception
- How to move from stress reactivity to grounded presence
- Simple 3-5 minute practices that restore clarity in the middle of a busy day
- How regulated presence impacts communication, decision-making, and leadership

 **FREEDOM**
RECOVERY CENTERS

 **IRON BRIDGE**
RECOVERY CENTER

Workshop Details
Tuesday, April 28th 1pm-3pm
The Community Room at the Midlothian Library
100 Millworks Crossing
Midlothian VA 23114

Free! RSVP REQUIRED, Space is limited
kwyssocki@freedomrc.com



REPEATED MONTHLY ON THE THIRD TUESDAY OF THE MONTH



JOIN US FOR
ALUMNI MONTHLY COIN
CEREMONY

APRIL 21ST
STARTS AT
7:15PM
IRON BRIDGE RECOVERY DINING HALL

Come and enjoy an evening filled with laughter, memories, and good energy as we honor the hard work, success, and milestones of our alumni! There will be snacks, refreshments, and Alumni testimonies!



Please RSVP to Susan @
804.895.1886

VIRTUAL MONTHLY

AMBASSADOR MEETING

FIRST THURSDAY OF THE MONTH. | MAY 7 | 7:00PM
JUN 4
JUL 9
AUG 6
THIS MEETING IS ONLY FOR OUR ALUMNI AMBASSADORS | SEPT 10
OCT 8
NOV 5
DEC 3

ZOOM ID: 347 498 2743
PASSCODE: ALUMNI

IRON BRIDGE
RECOVERY CENTER



Alumni Zoom Meeting

EVERY WEDNESDAY
7:00 P.M.

A recovery support group designed specifically for our alumni.



zoom
ID: 347 498 2743
Password: IronBridge

Alumni Fellowship Group

THIS IS A HYBRID MEETING, EVERY TUESDAY AT 7:00 P.M.

Location: Iron Bridge Recovery
6701 Court Yard Rd., Chester, VA

Where: Zoom
Meeting ID: 347 498 2743

IRON BRIDGE

If you have any questions please contact:

Susan Gill
804-895-1886 or
Susan.gill@ironbridge
recovery.com

