



July 2026

Iron Bridge Recovery Center Alumni

# Newsletter

WWW.IRONBRIDGERECOVERY.COM

## UPCOMING EVENTS

**Every Tuesday:**  
Alumni meeting  
at 7 pm at Iron  
Bridge Recovery

**Every Wednesday:**  
Alumni Aftercare  
meeting on Zoom at  
7 pm

**July 5: Coffee Talk,**  
Keystone Tracker  
Museum, 880 W. Roslyn  
Rd., Col Hghts, VA  
at 10 am

**July 21: Alumni Coin  
Ceremony at IBRC,**  
7:15 pm



IRON BRIDGE  
RECOVERY CENTER

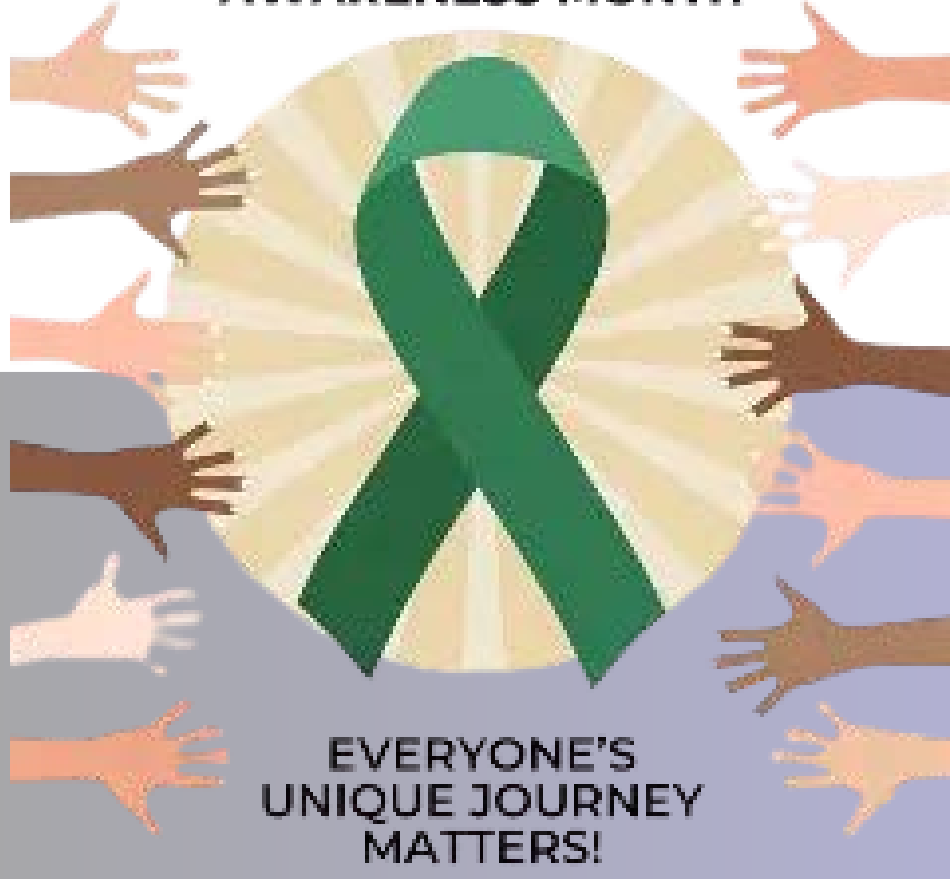


## WINNER: IRON BRIDGE APP CONTEST

**Congratulations Michael H. for winning the contest on the IBRC App: The Iron Bridge App is for all staff and alumni. I will post monthly contest, so you will need to join the app to win! Their will be two winners monthly, one Staff member and one Alumni. You can download the app by going to your playstore or Apple store on your phone and search for Iron Bridge Recovery Center. See you on the App..**



## JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



## STAFF SPOTLIGHT:

Lauren has been a clinician at Iron Bridge Recovery Center since April 2025 and became a Licensed Clinical Social Worker (LCSW) in February 2026. She recently assumed the role of Veteran Services Clinician, where she has found great fulfillment in supporting veterans throughout their recovery journey. Lauren enjoys working with individuals from all walks of life and believes each person brings unique strengths and resilience to the therapeutic process. She utilizes a strengths-based approach to help clients build on their existing abilities, foster hope, and achieve meaningful, lasting change in recovery.



## Alumni Spotlight

**Bradley's Quote**  
"The secret of success is a consistency of purpose"  
**Congratulations on your 1 year of sobriety!!!**



## JUNE ALUMNI EVENTS



## Employee Of The Month

This month's winner didn't just receive one or two shoutouts—she earned more recognitions than anyone else throughout the month of June from both clients and coworkers. That kind of recognition isn't something you can ask for—it's something you earn through the way you treat people every single day.

Please join me in congratulating our June Employee of the Month... 🎉

Dedra, RNI! 🏆💖

Throughout the month, Dedra was recognized for:

- 💖 Her positive attitude and genuine kindness.
- 💖 Leading with grace, compassion, and professionalism.
- 💖 Being accommodating, supportive, and always willing to help our clients.
- 💖 Going above and beyond to assist coworkers whenever needed.
- 💖 Bringing a calm, caring presence that makes a difference to everyone around her.

One client even shared that Dedra deserved a "Nurse Award" for the outstanding care she provides.

Her coworkers couldn't stop talking about her either. One recognition simply said:

"Dedra is just awesome." Sometimes the shortest compliments say the most.



## UPCOMING ALUMNI EVENTS

**Fresh Start Summer Slam**  
- Little Island Park,  
VA Beach, VA  
Aug 2, 2026, 11 am  
until 3 pm

**Water Lantern Festival-**  
Dorey Park: Aug 22<sup>nd</sup>,  
5 to 9 pm

**Overdose Awareness  
Vigil @ IBRC, Aug 31st**  
@ 7:15 pm

**Recovery Month  
Event - Recovery  
Fest at McShin  
Foundation on**  
Sept 19, 12 pm until  
4 pm

## Some of Our Fabulous Alumni

