

HARMONY CONNECTION

THRIVE THROUGH COMMUNITY AND CONNECTION



JANUARY EVENTS

OPEN HOUSE

JANUARY 16

Harmony, Fort Collins
109 Cameron Drive, Fort Collins, CO

It's finally here! Our new Fort Collins location for alumni and aftercare. Please come and check out this beautiful space where Harmony will host an aftercare group, alumni gatherings, recovery coaching and so much more. Stop by, give your input, and let us know what you desire to see happen out of this space.

DROP IN AND SAY HELLO

7:00 – 9:30 am
12:00 – 1:30 pm
5:00 – 7:00 pm

SATURDAY NIGHT SPEAKERS

1/5: Jarrett C.
1/12: Barry W.
1/19: Jeff C.
1/26: Andrew H.

UP AND COMING

SOBER BOWL PARTY

FEBRUARY 3 AT 4:00 PM

Phoenix Multi-Sport
Downtown Denver

This is a fun-filled event full of laughter and community where alumni come together over food and football to build connection. Harmony alumni will be there, as well as alumni from Red Rock Recovery and Aspen Ridge.

TRADITION

SATURDAY NIGHT PRIME RIB DINNER & SPEAKER MEETING

EVERY SATURDAY, DINNER AT 5 PM

SPEAKER AT 6:30 PM

Harmony Foundation

Join us for an evening full of delicious food and hope as a Harmony alum shares their story of experience, strength, and hope.

SATURDAY NIGHT SPEAKER

FEBRUARY 9

Jim Geckler, CEO of Harmony Foundation

WELCOME



Michael Arnold
Alumni Community
Relations Manager

It is my desire to establish connection amongst alumni. I believe it is through community that connection is formed which allows the individual to thrive.

THE PURPOSE OF "HARMONY CONNECTION"

Through this newsletter, it is my intention to broaden the alumni network to have engagement amongst fellow Harmony alum, and alumni from other treatment programs. I believe we all share a common bond, and a common desire to now thrive in life. In order to do that, we need to build connection and support.

This newsletter will not only highlight alumni events that Harmony has, but other events that are being put on by other Alumni Managers to grow that common connection.

So I say to you: Cheers to building community!

COMMUNITY



Brian Tierney
Alumni Director,
Red Rock Recovery

“ Recovery is FUN! Having a sense of belonging in a meaningful community can make all the difference when evaluating what works when it comes to sustaining long term recovery. Offering alumni programming, keeps people engaged and strengthens the morale of the entire community. These services can also help to facilitate positive dynamics within an agency's culture as a whole. It is exactly within this kind of environment that our clients can begin to feel safe enough to truly explore and embrace their newfound identities as people in recovery from a substance use disorder.”



Laura Beth Berkholder
Alumni Director, Aspen Ridge
Recovery

“ A sense of connection is essential for sustained recovery. I believe that alumni programming helps to create a vibrant community for individuals to sustain long term recovery and live a really beautiful life.”