

Looking Back, Moving Forward



As we wrap up another year at Thorpe, we're reminded of the strength of this community. Throughout the year we've seen growth, resilience, and people supporting one another every step of the way. From programs and training to everyday moments of connection, each effort has helped strengthen the foundation of what we do. We're grateful to our staff, volunteers, and supporters who continue to make this work possible.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference



Christmas can be a particularly difficult time for clients who are in treatment and away from their families. At Thorpe, we understand how important it is to ensure that no one feels alone during the festive season. Our team goes above and beyond to create a warm, comforting environment where every client feels valued, supported, and cared for.

Our kitchen team prepares a delicious traditional turkey dinner with all the trimmings, bringing the familiar tastes of Christmas to the table. Throughout the holiday period, clients are also treated to extra festive baking, chocolates, and fun seasonal snacks to add to the celebrations.

In the true spirit of giving, each client receives a Christmas gift, thoughtfully chosen to help them feel loved, seen, and acknowledged. These gestures, both big and small, reflect our commitment to creating meaningful moments and ensuring that everyone experiences the joy and kindness that the season represents.

At Thorpe, Christmas is not just a date on the calendar – it is an opportunity to remind our clients that they are never alone and that they are genuinely cared for every step of the way.

Just like spring, recovery reminds us that new life can grow after the hardest seasons.

Faith gives strength for today, and hope for tomorrow.

Recovery is not just about leaving something behind, it's about discovering the strength to move forward.

WHAT'S HAPPENIN' IN THE HIVE



THE KITCHEN: *The Heart of the Hive*

Chance serves as our Kitchen Manager and one of the talented chefs at TRC, bringing over 25 years of culinary experience to our team. His leadership, creativity, and dedication to excellence play a vital role in the quality and care reflected in every meal we serve.

At TRC, we take great pride in providing nutritious, high-quality meals that nourish and comfort our clients. Each morning, clients enjoy a wholesome breakfast selection featuring toast, cereal, porridge, yogurt, and fresh fruit. On Wednesdays and Saturdays, we elevate the experience with a hot breakfast offering a variety of favorites such as eggs, pancakes, bacon, sausage, and more.

Throughout the week, clients are served hearty, well-balanced meals for both lunch and supper. Each meal includes a full entrée, a daily soup option, and access to a fresh salad bar that changes regularly to ensure variety and seasonal appeal.

We are committed to meeting the unique dietary needs of every individual, carefully accommodating food allergies and restrictions to ensure both safety and satisfaction.

TRC is truly fortunate to have Chance and his exceptional kitchen staff, whose passion and professionalism are evident in every dish they prepare.

Recipe for Recovery

Prep Time: One day at a time
Serves: Anyone ready for change

Ingredients

- **1 cup COURAGE**
- **2 tbsp HONESTY**
- **3 heaping scoops ACCOUNTABILITY**
- **A pinch of HUMILITY**
- **1 generous handful of SUPPORT**
- **4 drops of SELF COMPASSION**
- **1 cup WILLINGNESS**
- **Steady sprinkle of GRATITUDE**
- **Unlimited refills of HOPE**

Society Continues to Grow

Since 1975, Thorpe Recovery Centre has provided quality programming to individuals and families affected by addiction and mental health challenges.

As a member of the society, you'll be engaged through newsletters, events and volunteering at the Thorpe Recovery Centre, including the opportunity to serve on the Board of Directors. The Society uses its strong, collective voice to shape how the organization operates and to advocate within the community for the betterment of the lives of those it serves

JOIN TODAY!!

WHAT'S HAPPENIN IN THE HIVE



Thorpe Recovery Centre is pleased to unveil the newly refreshed Reception area, thoughtfully updated to create a warm, welcoming first impression for all who enter our doors. This revitalized space reflects our ongoing commitment to providing a professional, comfortable, and supportive environment for our clients, families, and community partners.

A highlight of the refresh is our beautiful new sign, expertly crafted by Onsite Sign. Their craftsmanship and attention to detail have helped us showcase a look that truly represents the heart and professionalism of Thorpe Recovery Centre.

We are proud of this update and grateful to collaborate with talented local businesses who help bring our vision to life.



Leadership Training:

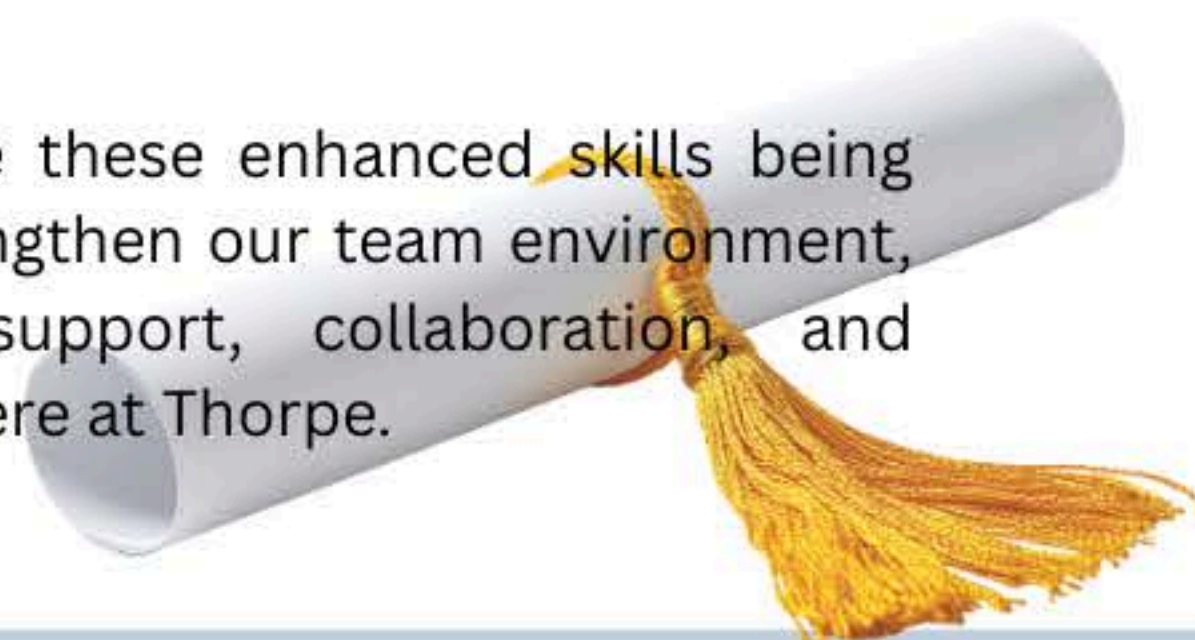
In December, our managers successfully completed a comprehensive three-day management training course aimed at enhancing leadership effectiveness and supporting continued team development.

The training focused on strengthening core management skills such as clear communication, and confident decision-making. Participants explored practical approaches to setting achievable goals, delegating responsibilities effectively, and managing time and resources efficiently.

A key area of development was emotional intelligence – understanding team dynamics, managing conflict constructively, and motivating individuals to perform at their best. The course also covered performance management techniques, including conducting effective one-to-one meetings, delivering constructive feedback, and supporting ongoing professional growth.

In addition, the training provided valuable tools for problem-solving, risk assessment, and maintaining accountability while fostering a positive and inclusive workplace culture.

We are pleased to see these enhanced skills being applied to further strengthen our team environment, ensuring continued support, collaboration, and success for everyone here at Thorpe.



The more we learn, the stronger the hive becomes.
Knowledge shared is strength multiplied.

Each month, Thorpe staff have the opportunity to vote for our Employee of the Month: An award that recognizes a team member who has gone above and beyond in their role.

Whether its through exceptional teamwork, unwavering dedication, or consistently going the extra mile, this award highlights those who truly embody the values and spirit of the Thorpe Recovery Centre.

We're buzzing with excitement to celebrate these

Employees of the Month

Dec:
Michelle L,
Counsellor

Jan:
Brooklyn,
Detox Mentor

Feb:
Jayden S, CSW
Team Leader

Community Partnership

The Hive in Action

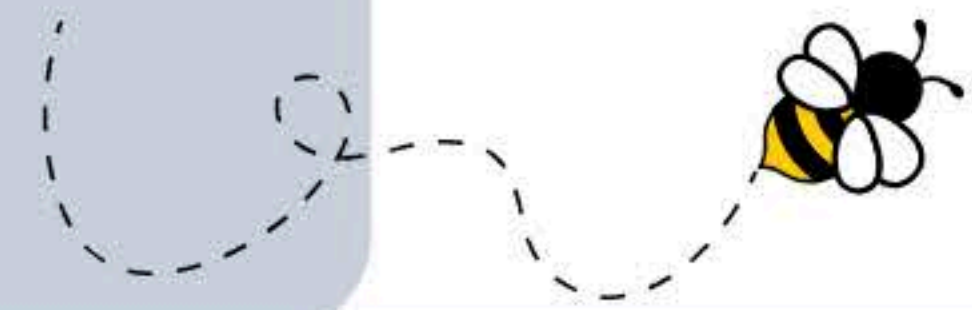


This year, Thorpe proudly participated in and supported the Coldest Night of the Year Walk – a meaningful event dedicated to raising awareness and funds for individuals experiencing hurt, hunger, and homelessness in our communities.

The Coldest Night of the Year is a family-friendly winter fundraising walk held annually across Canada. Participants gather on a winter evening to walk 2km or 5km, symbolically stepping into the shoes of those who must endure the harsh realities of cold weather without adequate shelter or support. Funds raised through the event directly benefit the Lloydminster Men's Shelter.

By taking part in this important initiative, Thorpe demonstrated its ongoing commitment to compassion, connection, and community involvement. Our team members braved the cold alongside other community participants, helping to raise both awareness and vital funds for those in need.

We are proud to stand with our community in support of such an impactful cause and grateful for the opportunity to contribute to positive change. Together, we can continue to make a difference – one step at a time.



Thorpe Recovery Centre staff and 20 clients attended the Lloydminster Region Health Foundation IGNITE event, held in partnership with Cenovus Energy, at the Gold Horse Casino on January 17, 2026. The event featured motivational speakers Jessica Janzen and Jordin Tootoo, who shared their personal experiences with mental health challenges and the strength it took to overcome them. Clients and staff spoke very highly of the speakers and the powerful messages they shared.

Thorpe Recovery Centre would like to thank the Lloydminster Region Health Foundation and Cenovus Energy for the opportunity to attend this IGNITE event and for their continued support of our organization.



Client Programming

Building Skills for Lasting Recovery

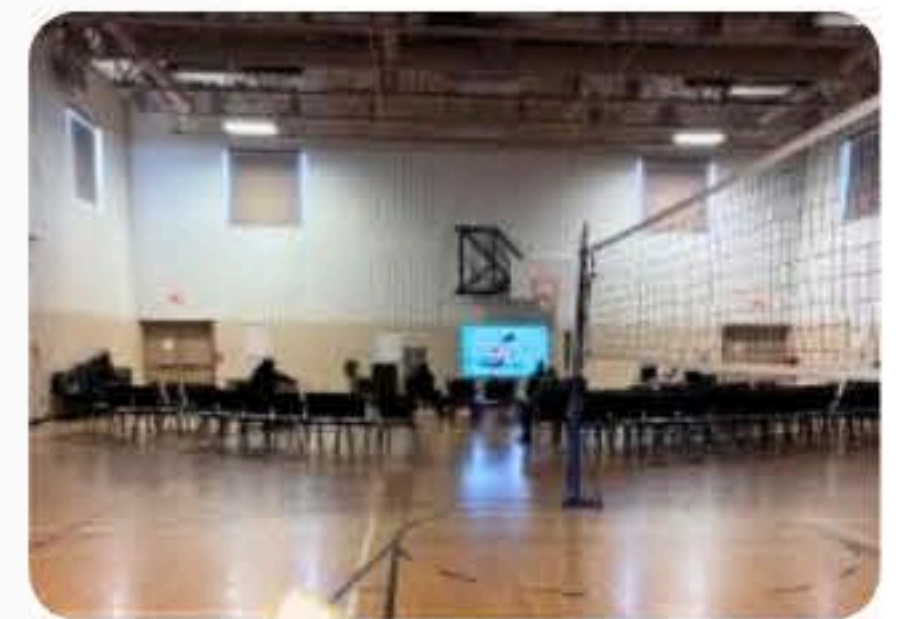
Thorpe Recovery Centre offers a comprehensive program designed to equip clients with the skills, tools, and knowledge needed to understand addiction and build a strong foundation for relapse prevention. Clients participate in a structured schedule of educational and therapeutic sessions, where they learn about the science of addiction, identify personal triggers, develop healthy coping strategies, and build practical life skills such as stress management, communication, and emotional regulation.

Relapse prevention is a key focus of our programming. Clients learn to recognize high-risk situations, create personalized prevention plans, and develop strategies to manage cravings in healthy ways. Through group discussions and personal reflection, they gain insight, accountability, and peer support in a safe and structured environment.

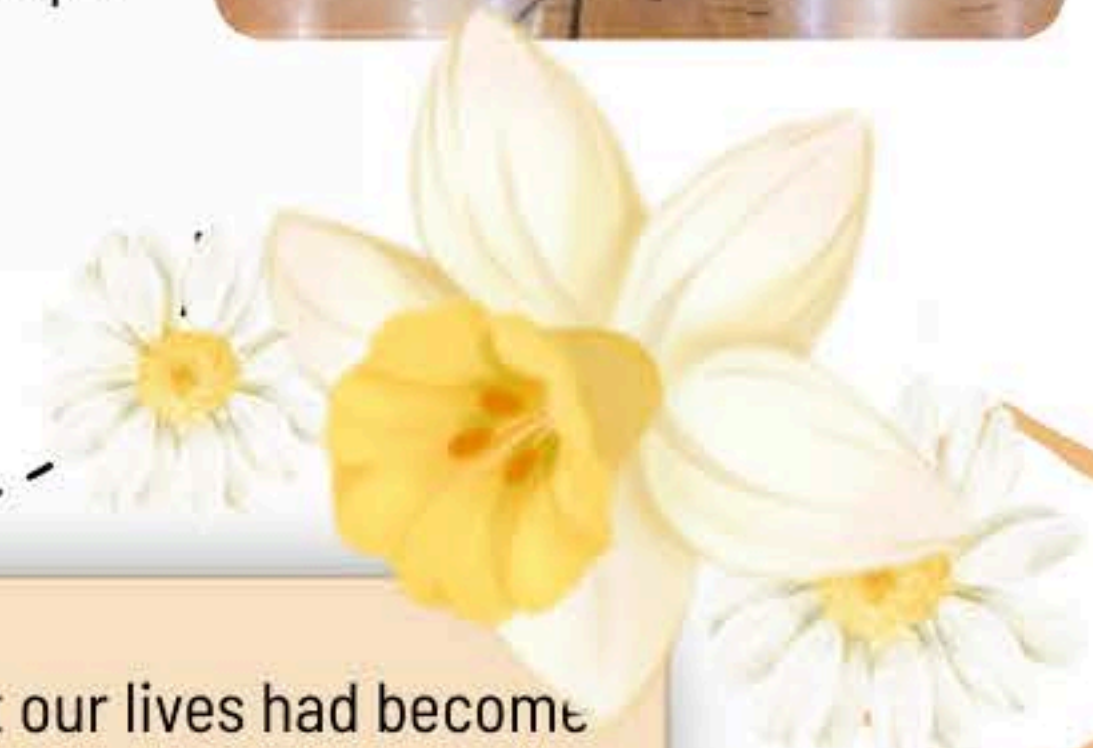
Attendance is mandatory for all sessions, as consistency and participation are essential to the recovery process. To recognize commitment and encourage accountability, clients who achieve perfect attendance are rewarded with special outings such as trips to the movie theatre, bowling, ice skating, hockey games, and pickleball.

Through structured programming, accountability, and positive reinforcement, Thorpe Recovery Centre supports clients as they work toward lasting recovery.

“Skills learned in programming become strength outside these walls”



12 steps



“It works if you work it”

1. We admitted we were powerless over alcohol and drugs – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

FITNESS AREA



TRC is proud to offer a fully equipped fitness facility designed to support the health and wellness of our clients. Physical fitness and regular exercise play a vital role in self-care and are an important component of the recovery journey.

Our gym features a wide range of equipment, including treadmills, stationary bikes, ellipticals, weight machines, a squat rack, free weights, and BOSU balls—providing opportunities for both cardiovascular training and strength development at all fitness levels.

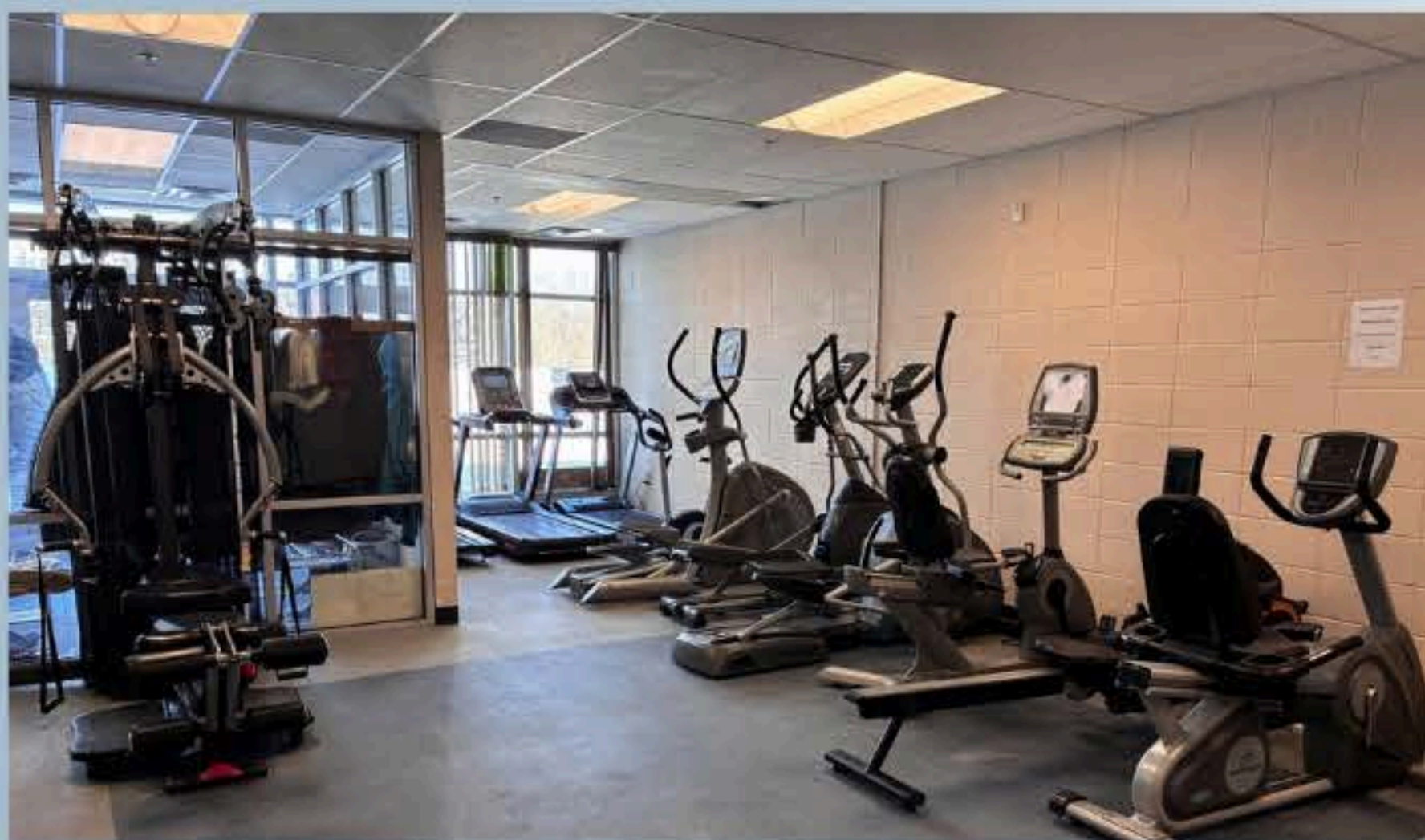
In addition to our fitness center, TRC also offers a full-size gymnasium where clients enjoy participating in volleyball, basketball, floor hockey, and other recreational sports. These activities not only promote physical health but also foster teamwork, camaraderie, and meaningful connection within our community.

Beyond the physical benefits, exercise has a powerful impact on mental health. Regular physical activity helps reduce stress, anxiety, and symptoms of depression while improving mood, focus, and overall emotional well-being. It promotes better sleep, increases self-confidence, and supports the development of healthy routines—all of which are essential elements in sustained recovery.

At TRC, we are committed to providing resources that nurture both the body and the mind, empowering clients to build a strong foundation for long-term wellness.

Hive Reflection

*"I don't need a new year to begin again,
every day is a fresh start."*



SELF CARE CORNER

Spring in the Hive: Self-Care in Full Bloom

As the days grow brighter and the Hive begins to buzz with new energy, spring reminds us that growth is always possible. Recovery, much like the season, is about renewal, fresh starts, and gentle progress. 🌸

In the Hive, self-care is how we nurture that growth. It's the daily habits that keep us strong — attending groups, reaching out for support, getting outside for fresh air, resting when needed, and speaking kindly to ourselves. Just like bees work together to build something sweet, we support one another as we rebuild our lives. 🌸

Every small, healthy choice is like planting a seed. With patience, consistency, and community, those seeds bloom into confidence, resilience, and lasting recovery. Keep buzzing forward — one positive step at a time. 🐝

♑ Capricorn

Consistent Growth

Your discipline strengthens your foundation this year. Focus on long-term stability and steady progress in your recovery habits.

♒ Aquarius

Renewed Perspective

You are rewriting your story and embracing change. Stay open to new approaches in recovery and personal growth. Authentic living supports healing.

♓ Pisces

Peace & Boundaries

Protect your emotional energy and strengthen healthy boundaries. Spiritual grounding and support systems help you stay focused on recovery.

♈ Aries

Courage to Change

2026 supports bold steps toward healing. Focus on replacing impulsive reactions with mindful decisions. Strength grows when you stay consistent with your recovery goals and lean on your support system.

♉ Taurus

Building Stability

This year emphasizes structure and healthy routines. Stability strengthens your recovery journey. Focus on creating safe environments and letting go of unhealthy comfort habits.

♊ Gemini

Renewed Thinking

Your mindset plays a powerful role in recovery this year. Practice positive self-talk and honest communication. Reflect on patterns and choose thoughts that support growth.

♋ Cancer

Emotional Healing

2026 supports deeper emotional awareness. It's a good year to process past wounds and release guilt with compassion. Healing happens when you allow yourself to feel safely.

♌ Leo

Reclaiming Confidence

You are rediscovering your identity beyond past struggles. Confidence grows as you commit to your recovery journey and ask for support when needed.

♍ Virgo

Progress Over Perfection

Focus on steady improvement instead of perfection. Small daily habits make a big difference in recovery. Release unrealistic expectations and embrace growth.

♎ Libra

Healthy Relationships

This year highlights balance in relationships. Surround yourself with people who support your healing. Set boundaries where needed to protect your peace.

♏ Scorpio

Deep Transformation

2026 supports powerful personal change. Let go of old patterns and embrace transformation. Emotional honesty will open the door to growth.

♐ Sagittarius

Purpose & Direction

Align your freedom with responsibility. Set meaningful goals and stay committed to your recovery path. Your journey may inspire others.




Spring Clean Your Closet - Bless the Hive



As the seasons change, it's time to refresh more than just our wardrobes – it's time to refresh our hearts.

This spring, we invite our community to “Clean Your Closet for the Hive” Just like bees work together to strengthen the hive, each small act of kindness helps support someone rebuilding their life in recovery.

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How You Can Help

We need both men's and women's:

- Gently used clothing
- Comfortable shoes
- Light jackets & hoodies
- New socks
- Toiletries
- Puzzles
- Games
- Books



For donation inquiries please contact us at 780-875-8890