



The Heart of the Hive



Every thriving hive has a dedicated group working behind the scenes to keep everything moving forward. At Thorpe Recovery Centre, that heartbeat is our Leadership Team.

Each member brings unique expertise, steady leadership, and an unwavering commitment to the people we serve. Whether supporting clients, empowering staff, overseeing operations, managing finances, guiding human resources, or strengthening clinical care, this team works together every day to ensure our mission continues to thrive.

Meet the leaders helping keep the hive buzzing:

Vera Koster – Clinical Director: With extensive experience in mental health, addiction, trauma, and recovery, Vera provides compassionate clinical leadership while supporting both clients and staff. Her professional expertise, combined with her own lived experience in recovery, brings authenticity, empathy, and hope to everything she does.

Tasha Thibeault – Human Resources Director: Tasha champions our people. Through thoughtful human resource leadership, she helps foster a workplace built on respect, collaboration, and support, ensuring our staff have the resources they need to do their best work.

Scott Abel – Director of Finance: Scott provides the financial stewardship that keeps Thorpe strong and sustainable. His thoughtful leadership, sound decision-making, and commitment to our mission ensure the organization remains well-positioned to serve our community today and into the future.

Chad Sturge – Director of Operations: From facilities to day-to-day operations, Chad keeps the organization running smoothly. His practical leadership, strategic thinking, and commitment to continuous improvement help create a safe, efficient, and welcoming environment for everyone who walks through our doors.

Together, this leadership team exemplifies collaboration, accountability, and a shared commitment to recovery. Their individual strengths and collective dedication help create the foundation that allows Thorpe Recovery Centre to continue changing lives every day. They are the heart of the hive, and because of their leadership, the buzz never stops. 🐝

Values:

- Integrity
- Accountability
- Innovation
- Passion
- Diversity

Mission Statement:
A leading organization that provides strength, hope, and healing to those affected by addictions and related mental health challenges

Vision Statement:
Within a recovery community, we help build a pathway where individuals and families can achieve well-being and happiness



Looking Back, Moving Forward

As spring gives way to summer, we're reminded that growth doesn't happen all at once. It happens one step, one challenge, and one victory at a time.

Spring brought fresh beginnings, meaningful progress, and countless moments that strengthened both the individuals we serve and the community we've built together. Every milestone reached, every obstacle overcome, and every act of support has made our hive stronger.

Now, we welcome summer with renewed energy, hope, and purpose. It's a season to continue building healthy habits, embrace new opportunities, reconnect with what matters most, and celebrate just how far we've come. Recovery looks different for everyone, but one thing remains true: no one has to walk the journey alone.

To every client, family member, staff member, volunteer, and supporter—thank you. Your compassion, resilience, and commitment continue to strengthen the heart of our hive and remind us that lasting recovery is built through connection, community, and hope.

Here's to a summer of continued growth, new possibilities, and brighter days ahead.

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



Recovery isn't meant to be a journey you carry on your own. Whether you're struggling with addiction, mental health, grief, or simply the weight of life, asking for help isn't a sign of weakness—it's a sign of courage.

A hand extended can change everything. Sometimes you're the one reaching out. Other times, you're the one reaching back. Both matter. No matter where you are in your journey, remember this: you don't have to have all the answers before asking for support.

One conversation, one phone call, or one honest moment can be the first step toward hope.

Reach out. Someone is ready to meet you where you are.



Like summer, hope shines
brightest when it's shared.
Together, we grow stronger.

Recovery blooms in every
season, but summer
reminds us to embrace the
light.

The warmth of
community can brighten
even the hardest days.

WHAT'S HAPPENIN' IN THE HIVE



At the heart of everything we do is an incredible team of people who show up each day with compassion, dedication, and a genuine commitment to helping others. Whether they're supporting clients directly, keeping our facilities running, preparing meals, managing behind the scenes, or offering a listening ear to a coworker, every role matters. Recovery is never the work of one person—it takes an entire team working together with purpose and heart.



Thank You to every member of our staff for the care, patience, resilience, and professionalism you bring to Thorpe each and every day. Your willingness to go the extra mile doesn't go unnoticed, and the impact you have reaches far beyond what you may ever see.

We appreciate everything you do to make our community stronger. You truly are the heart of Thorpe, and we are grateful for each one of you.



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



Gold are dependable, organized, and value structure, responsibility, and clear expectations.

Green are analytical, logical, and enjoy understanding how things work through knowledge and thoughtful problem-solving.

Blue are compassionate, relationship-focused, and value empathy, trust, and connection.

Orange are energetic, adaptable, and thrive on action, flexibility, and hands-on experiences.

TRC employs over 80 diverse staff members

At the end of May, staff at TRC began participating in Personality Dimensions training, an engaging two-day course facilitated in-house. While the training helps participants better understand their own personalities, its greatest value lies in learning how to better understand the people we interact with every day—our coworkers, our clients, and the families we support.

One of the greatest takeaways from the course is recognizing that no one colour is “better” than another. Every personality type offers valuable strengths, and understanding those differences helps us communicate with greater intention and respect.

The training also explores how each personality style communicates, responds to stress, approaches conflict, and processes change. Rather than expecting others to communicate the way we do, Personality Dimensions encourages us to adapt our approach to better connect with the person in front of us. Personality Dimensions uses four colours—Blue, Orange, Green, and Gold—to represent different personality preferences.

For the TRC staff, that learning extends directly into the work we do with clients. Recovery is built on trust, relationships, and meaningful connection. By recognizing that clients have different communication styles, motivations, and ways of processing information, staff are better equipped to build rapport, reduce misunderstandings, and tailor their interactions to meet each individual where they are. A conversation that resonates with one client may not resonate with another, and this training provides practical tools to communicate more effectively with every person we serve.

Although Personality Dimensions is an excellent professional development opportunity, its benefits reach far beyond the workplace. Many participants find themselves using what they’ve learned to strengthen relationships with family members, friends, and colleagues by communicating more effectively and appreciating different perspectives.

At Thorpe, people are at the heart of everything we do. Investing in understanding ourselves and others helps us build stronger teams, provide more person-centred care, and create an environment where staff and clients alike feel understood, respected, and supported.

TRC began as a **2-bed social detox** in 1975. Today, over 50 years later, it has grown into an **84-bed** residential addiction treatment and medically supported detox facility serving people from Alberta, Saskatchewan, and beyond.



We're buzzing with excitement to celebrate these

Employees of the Month

March:
Aaron P,
Community
Support Worker

April:
Arvin D,
Cook

May:
Mekaela L,
LPN

June:
Sharon F,
Medical
Administrator

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.

Community Partnership

The Hive in Action



Empower 2 Recover Inspires Hope and Connection

Clients and staff from Thorpe Recovery Centre attended the Empower 2 Recover event in Lloydminster on March 27, joining community members, organizations, and advocates to celebrate recovery and raise awareness about addiction and mental health. Thorpe Recovery Centre also hosted an information booth, where staff connected with attendees, answered questions, and shared information about the programs and supports available to individuals and families seeking recovery.

Throughout the day, attendees heard from a variety of inspiring speakers who courageously shared their personal journeys of addiction, resilience, and recovery. Several of the presenters were from our own community, making their stories especially meaningful and relatable. Their honesty and willingness to share both the challenges they faced and the hope they found served as a powerful reminder that recovery is possible.

For our clients, the event provided an opportunity to see recovery beyond the walls of treatment. Hearing real-life stories from people who have walked a similar path reinforced that lasting recovery can be achieved and that they are not alone in their journey. Staff also left feeling inspired by the strength, courage, and resilience demonstrated throughout the day.

Events like Empower 2 Recover help reduce stigma, build community connections, and remind us all that hope is at the heart of recovery. We are grateful to have been part of such a meaningful day and look forward to continuing to support recovery both within our walls and throughout our community.



45 clients and 7 staff attended the Empower 2 Recover event



Vera Koster
Clinical Director, TRC

On March 26, we were honoured to welcome Jay Barnard to Thorpe Recovery Centre. Jay shared his powerful personal recovery journey with our clients, offering hope, inspiration, and encouragement. As a celebrity chef, Jay is currently travelling across Canada sharing his story of recovery and helping to change lives through his message of resilience and healing.

That evening, Thorpe Recovery Centre hosted the sponsor supper for the Empower 2 Recover event at TRC. Jay prepared and served a wonderful meal for sponsors and guests, creating an unforgettable evening of connection, gratitude, and support.



Detox Centre at TRC

Where Courage meets Hope



Every recovery journey starts the same way, with one decision.

No one walks into detox because it's easy. They walk through the doors because, despite the fear, they've found the courage to believe life can be different.

That first step is often the hardest, but it's also the most powerful. It's the moment someone chooses hope over fear and asks for the support they deserve.

At Thorpe, we have the privilege of witnessing that courage every day. Recovery doesn't happen all at once, but every journey has a beginning, and for many people, detox is where that beginning takes place.

Asking for help isn't giving up. It's choosing yourself, and that's one of the strongest decisions a person can make.



Every recovery journey begins with one courageous step. If you're ready to take yours, our admissions team is here to support you every step of the way.

Thorpe Recovery Centre
780-875-8890 | 1-877-875-8890
thorperecoverycentre.org

Hive Highlights



Community Connections & Recovery Inspiration Health & Wellness Trade Fair

Thorpe Recovery Centre was proud to participate in the Health and Wellness Trade Fair in Lloydminster on March 21. Throughout the day, our team connected with community members, shared information about our programs and services, and answered questions about recovery and the support available at Thorpe.

We also had Thorpe merchandise available for purchase, giving attendees another way to support our organization while helping spread awareness about recovery, hope, and wellness. Thank you to everyone who stopped by our booth—we always appreciate the opportunity to connect with our community.



Calling All Thorpe Alumni!

Once you're part of the Thorpe family, you'll always have a place here. Our alumni program is a chance to reconnect with familiar faces, celebrate your recovery journey, and continue building the supportive connections that make recovery stronger. Whether you've recently completed treatment or it's been years since you walked through our doors, we'd love to see you back.

Join us for alumni events, activities, and opportunities to connect with others who understand the journey. Recovery doesn't end when treatment does—and neither does the support. We can't wait to welcome you back!



Our residential program is typically 56 days.

During that time, clients take part in structured programming focused on understanding addiction, building coping strategies, and developing tools to support long-term recovery.

Recovery doesn't end after those 56 days, but it's an important place to start.



Join Our Board



Interested in joining the board of directors at TRC? Our Board currently has vacancies, and we're looking for individuals who are passionate about people and believe in the power of recovery. If you bring diverse skills, experience, or perspectives and want to help guide our organization while strengthening the communities we serve, we'd love to hear from you.

Apply today! Visit thorperecoverycentre.org to learn more and submit a Board Member Application.

ATTENTION THORPE RECOVERY CENTRE SOCIETY MEMBERS

ANNUAL GENERAL MEETING

AUGUST 20, 2026

Thorpe Recovery Centre Gymnasium

5:30	Doors Open
6:00	Supper (Free)
7:00	Meeting

**TO RSVP
CALL THE FRONT DESK**

780-875-8890 EXT 200 OR EMAIL
INFO@THORPERECOVERYCENTRE.ORG





Summer Refresh - From Your Closet to Their Fresh Start

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

This summer, 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.



How You Can Help

We need both men's and women's:

- Jeans and Shorts (especially men's sizes 30-32)
- Gently used clothing
- Comfortable shoes
- Light jackets & hoodies
- New socks
- Toiletries
- Heating Pads
- Hygiene products

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