

Summer

NEWSLETTER

Summer is a season of growth, renewal, and fresh starts. At Midsouth Sober Living, we see this come to life every day through the men and women we serve. With your support, we walk alongside them as they build brighter futures and create lasting change.

Thank you for being part of this journey.

Together, we open doors to hope, healing and new beginnings.



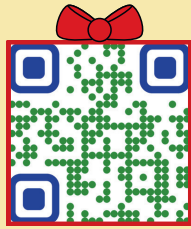
Upcoming Events



July 1 - 31

Help us bring joy and hope to the men and women we serve!

Shop our Amazon Wishlist!



SAVE THE DATE!

Red Bassan Memorial
Golf Tournament

Monday, October 12, 2026

The Links at Galloway
Shotgun Start at Noon



Employee Spotlight

Susie Clochard

Financial Coordinator



Since 2019, Susie Clochard has worked behind the scenes at Midsouth Sober Living as our Financial Coordinator, helping support the organization's mission and the recovery journeys of those we serve.

After relocating to Michigan in 2024 to be closer to family, Susie continues to support MSL remotely, bringing the same dedication and attention to detail that have made her an invaluable part of our team.

In her free time, Susie enjoys playing video games, reading, and spending time with her husband and their four cats.



Recovery Corner

Summer Recovery Tips

Summer often brings vacations, family gatherings, and changes in routine. While these moments can be enjoyable, they can also create stress or unexpected triggers.

A few ways to stay grounded:

- Keep a regular **sleep** schedule when possible
- Stay **connected** with supportive people
- Make a **plan** before attending social events
- Take time each day for **self-care** and reflection
- Remember that **asking for help** is a sign of strength

Recovery doesn't take a vacation. Small daily choices help build lasting change.



From the Executive Director

One of the greatest gifts of recovery is watching people discover they are capable of far more than they ever imagined. Every day, the men and women in our homes choose growth, accountability, and hope, building brighter futures one step at a time.

Recovery is never a journey taken alone. It flourishes through fellowship, support, and a community that believes in you until you can believe in yourself. As we celebrate Christmas in July, we're reminded that generosity, hope, and new beginnings aren't limited to a single season. Together, we can help create those moments every day of the year

Grace Pipkin, Executive Director

