



FALL NEWSLETTER

MidSouth Sober Living

At MidSouth Sober Living, we're grateful for the season of change and renewal. Each day, we witness the courage of individuals building new lives in recovery, supported by safe housing and a strong community. In this issue, you'll find updates from our programs, meet another member of our dedicated team, and look ahead to what's coming this fall. Thank you for being part of this journey – your support makes recovery possible.

Program Update

Women's House

The Women's House continues to be a safe and supportive home for women on their recovery journeys. This fall, residents have welcomed new opportunities for growth. Bridgette House, CPRS and Program Director at Judicare, has begun leading peer support groups onsite, bringing added encouragement and connection. In addition, our sister agency, First Step Recovery, was awarded a grant through the Opioid Abatement Council (OAC) to launch WeRenew in 2026, an experiential recovery skills program designed to help women heal and thrive.

Judicare

Judicare remains a cornerstone for participants in the Shelby County Recovery Court programs. This year, veterans from the Shelby County Veterans Court have taken part in Equine Therapy at Shady Creek Stables, an opportunity that combines healing with hands-on connection. Looking ahead, MidSouth Sober Living has been awarded an Opioid Abatement Council (OAC) grant beginning in 2026 to expand access to equine therapy for participants in the Shelby County Drug Court, further strengthening recovery pathways through experiential programs.

Team Spotlight



Shelley Pilcher,
Women's House
Manager



For the past two years, Shelley has served as the House Manager of our Women's House, where she has created a spirit of trust, support, and care among residents. An RN and dedicated member of the recovery community, she has given her time and heart to helping women build healthier, more stable lives.

This fall, Shelley is stepping down as House Manager as she prepares for an exciting new chapter, moving into her own home and starting the next season of her life. While we will miss her leadership, we celebrate all that she has accomplished, and we are grateful for her service, her compassion, and the lasting impact she has made on our community.

“Fall is proof that change is beautiful.”
– Unknown

www.midsouthsoberliving.org



UPCOMING EVENTS

MidSouth Sober Living
Annual Red Bassan Memorial Charity

GOLF Tournament

Thursday, October 30, 2025
The Links at Galloway
Lunch provided at 11 a.m.
Shotgun start at Noon

- 4-person scramble
- Individuals welcome!
- Registration includes lunch, cart rental & green fees
- Prizes for 1st, 2nd, 3rd, closest to pin & longest drive

\$10,000 HOLE IN ONE CONTEST!

+ SAVE THE DATE!
MIDSOUTH SOBER LIVING
2026 CHARITY ART AUCTION

- Memphis Botanic Garden
- Live music
- Hors d'oeuvres & drinks
- Local art
- Silent and live auctions

More information to follow! **MARCH 21, 2026 | 5:00 PM**

Register at www.midsouthsoberliving.org

HOW YOU CAN HELP!

Help us Power Up the Judicare Computer Lab



We're excited to launch a new Computer Lab at our Judicare facility—and we need your help to bring it to life!

This space will give residents access to computers for:

- Job searches and resume writing
- GED and college coursework
- Learning basic computer skills
- Accessing essential community resources

DONATE NOW



Your donation helps us provide technology resources that empowers our residents to build independence and reclaim their futures.

www.midsouthsoberliving.org

Visit our website to register for the golf tournament or learn more about MSL!

