



JANUARY NEWSLETTER



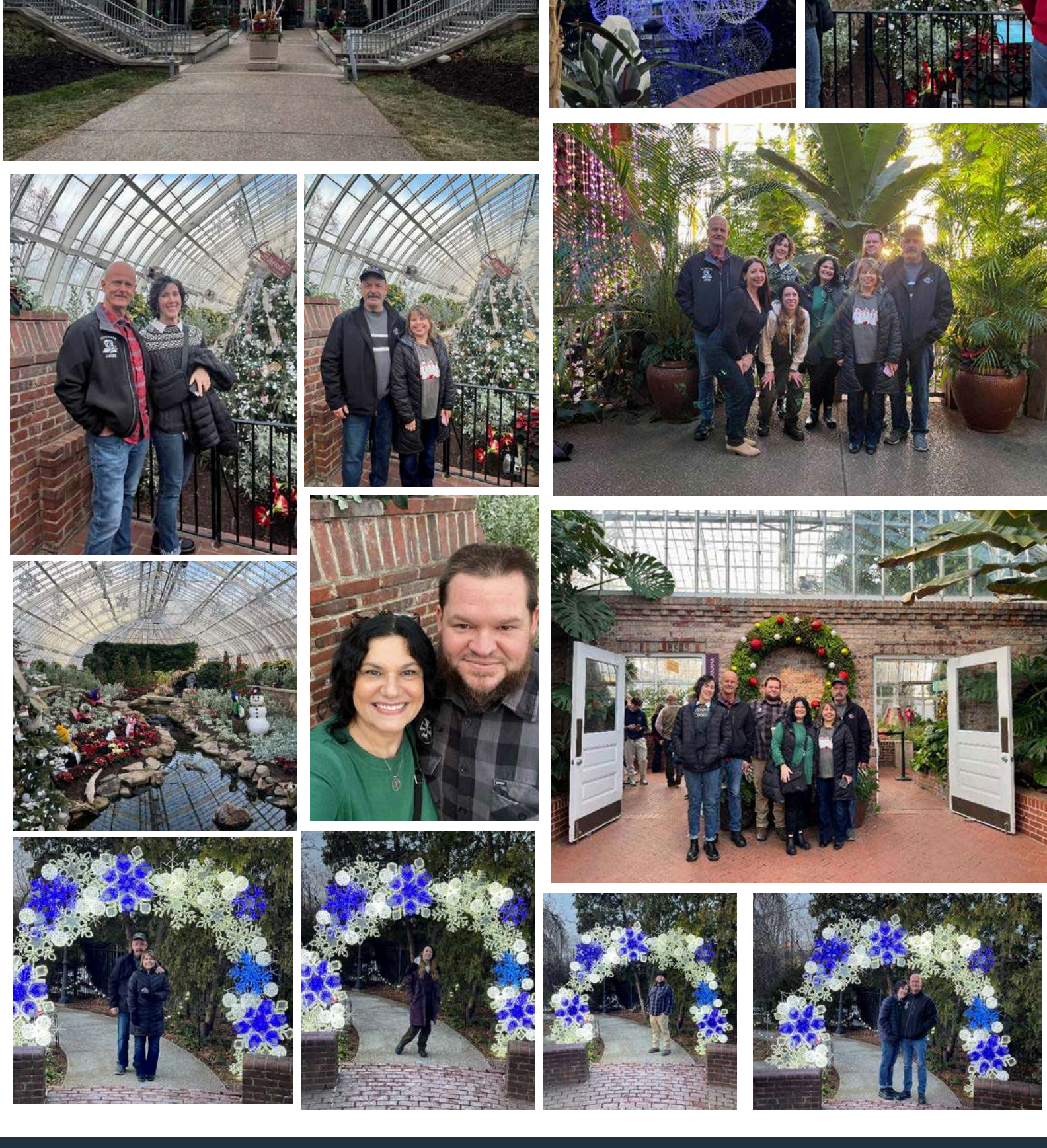
As we welcome January 2026, we reflect with gratitude on a meaningful close to the year and look ahead with hope and excitement. December was filled with connection and celebration, including special outings to Phipps Conservatory and Botanical Gardens, where residents enjoyed the beauty and peace of the season. Our Alumni Hat and Glove Drive was a heartfelt success, providing warmth and support to current residents and reminding us of the strength of our recovery community. We also took time to celebrate together at the SJI Staff Holiday Party, honoring the dedication and compassion of our team.

As we begin the new year, we are excited to launch our 2026 Book Drive to rebuild and expand our library as a resource for healing, reflection, and growth. Stay connected with St. Joseph Institute as we continue to build community, deepen recovery, and share all that's ahead in 2026.

December Activities!

Our Alumni Event at Phipps Conservatory and Botanical Gardens in Pittsburgh was a wonderful evening of connection, reflection, and community. Alumni enjoyed exploring the beautiful seasonal displays and then came together for a shared dinner filled with meaningful conversation and laughter. We also enjoyed a wonderful staff holiday party, and throughout the season our residents added a special touch by creating handmade decorations for our Christmas tree, making the holidays feel especially warm and meaningful.

Phipps Conservatory and Botanical Garden



Staff Celebration!

The staff marked the holiday season with a cheerful luncheon pajama party, sharing laughs, connection, and well-deserved moments of celebration.



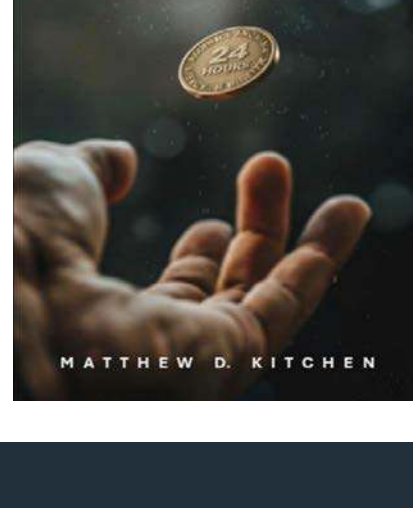
Alumni Holiday Hat and Glove Drive!

Our alumni came together to donate hats and gloves to all of our current residents, offering a meaningful reminder of the strength and support within our recovery community. Residents were deeply grateful for the outpouring of encouragement shown toward their recovery journey. The day was made even more special as residents decorated Christmas ornaments, trimmed the tree, and received their alumni gifts—truly a wonderful day filled with connection, gratitude, and holiday spirit.

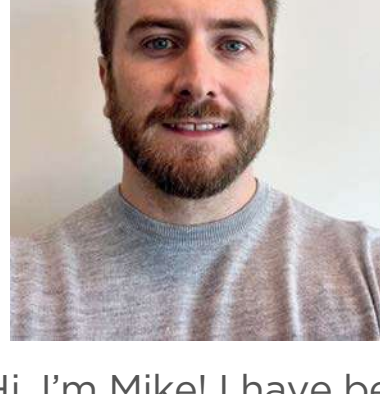


Alumni Spotlight

We would like to recognize St. Joseph Institute alumnus Matthew Kitchen and celebrate his newest literary endeavor. Matthew's newly released book, *Just for Today: My Struggle with Alcoholism*, offers a powerful and personal reflection on recovery. He has spent 25 years in the Intelligence Community across multiple agencies, working in the IT field, and currently serves as a Cybersecurity Engineer. Matthew holds degrees in Information Science and Technology and has earned several professional certifications. Born and raised in Rossiter, Pennsylvania, he relocated to the Washington, D.C. area in 1999. Matthew is a proud father of three and currently resides in Spotsylvania, Virginia, with his wife, Theresa, and their three dogs. Congratulations, Matthew!



Staff Spotlight



We are proud to recognize Michael Benedict, Outpatient Counselor at St. Joseph Institute, as our Employee of the Month. Mike is a tremendous asset to St. Joe's, consistently demonstrating compassion, professionalism, and a genuine commitment to the individuals we serve. His hard work, dedication, and willingness to go above and beyond do not go unnoticed. Mike, thank you for all that you do to support our clients and strengthen our program—we are truly grateful to have you as part of our team.

Hi, I'm Mike! I have been with SJI since June 2025, working as a counselor in the Outpatient Program. Born and raised in Pittsburgh, I'm a proud graduate of Duquesne University. I have spent over a decade in the fields of addiction and mental health, supporting individuals in building meaningful, sustainable recovery and reconnecting with purpose in their lives.

Outside of work, I enjoy reading, staying active, and spending time with my fiancée and our three-year-old daughter.

Friends of Joe Alumni Meeting

Every **Thursday at 7:00 PM**, St. Joseph Institute hosts the **"Friends of Joe" Alumni Aftercare Meeting** — a supportive, topic-based gathering open to all alumni. The meeting link is posted on the **Alumni App each Thursday morning**, along with guided questions to help spark meaningful conversation. Whether you're sharing an update or just listening in, it's a great way to stay connected and end your Thursday with community and purpose. We'd love to see you there!



St. Joseph Institute Intensive Outpatient Program - Wexford PA

Recovery is a journey, and no one has to do it alone. Our Intensive Outpatient Program (IOP) provides structured support, expert care, and evidence-based therapies to help individuals heal while balancing daily life.

📞 Call 888-727-4465 or visit <https://lnkd.in/e4Vc4dPp> to learn more!

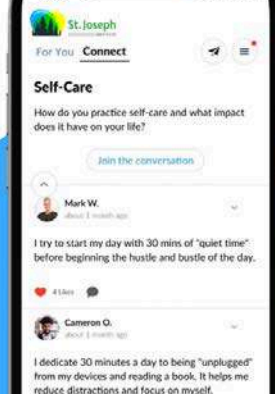


Ready to get started? Scan here



We're all in this together

Join fellow alumni & staff on the St. Joseph Alumni Community app today!



The St. Joseph Alumni App

The **St. Joseph Alumni App** is your go-to space for staying connected, supported, and engaged in recovery. If you're not currently on the app, please don't hesitate to reach out — we'd love to help you get back on! It's a **safe and welcoming space** where you can **share your experience, strength, and hope** with fellow alumni, stay in touch with staff, and access updates on **events, meetings, and resources** designed just for you. Don't miss out on this powerful tool for connection and support!