



# OCT. 15<sup>TH</sup> – 17<sup>TH</sup> BTR ALUMNI HOMECOMING

## Information Packet

This packet contains great information to make sure your trip back to The Bridge is full of fun and connection. Be sure to purchase your tickets for the event (Click the hyperlink to register if you haven't already done so.) <https://www.eventbrite.com/e/2021-btr-alumni-homecoming-tickets-152763803649> If you have done so, you will receive a confirmation email. Should you have any questions at any time, please feel free to reach out to me at the contact information below:

Sara Beth Caldwell  
Director of Referent and Alumni Relations  
Call: 877-866-8661  
Text: (270)202-3981  
Email: [sarabeth@thebridgetorecovery.com](mailto:sarabeth@thebridgetorecovery.com)

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THE BRIDGE TO RECOVERY  
1745 The Bridge Rd.  
Bowling Green KY

877-866-8661

[thebridgetorecovery.com](http://thebridgetorecovery.com)

Alumni Homecoming  
October 15-17, 2021

## Weekend Schedule

### Friday, October 15th

4:00-5:00pm Registration  
5:00-6:30pm Dinner  
6:30-7:30pm Welcome & Conversation #1  
7:30pm Speaker- Debra C (Phase Two Therapist)  
8:30-9:30pm Evening activity with Cre

### Saturday, October 16th

8:45-9:30am Bagels & Coffee  
9:30-10:15am Conversation #2  
(Songwriting Session 9:30-11:45am pre-registration and additional cost required)  
10:30-11:45am Workshop Session 1  
11:45-12:45pm Lunch  
1:00-2:15pm Workshop Session 2  
2:30-3:45pm Workshop Session 3  
4:00-4:30pm Dedication to Cannon's  
4:30-5:00pm Message from CEO  
5:00-5:30pm Scavenger Hunt  
5:45-6:45pm Dinner  
7:00pm Concert and Campfire

### Sunday, October 17th (Covington Woods Park Shelter #1)

9:00am Doughnuts & Coffee  
9:30am Conversation #3  
10:00am Closing Activity  
11:00am Gratitude Ceremony

## Activities & What to Expect

### Registration

We encourage everyone to arrive during the scheduled Registration Hour. This will allow you to check in with Bridge Staff, receive your t-shirt and other items for the weekend. This is also a great time to meet and mingle with other arriving alumni and Bridge Staff members.

### The Conversations

It is often scary to enter into an event where you may only know a few people or possibly no one at all. Sometimes, we might find ourselves so comfortable in a group of people we know that we fail to open ourselves up to those that we do not. Fellowship is a key component of our alumni event. Throughout the weekend, we will host insightful and thought-provoking conversations in which you will have the opportunity to connect with others on a deeper level. The goal is that by the time the weekend concludes, you will have had the opportunity to have a conversation and connect with 20-25 different people that you may otherwise not have had the opportunity to do so with.

### The Workshops

The workshops will be facilitated by therapists and/or staff of The Bridge to Recovery. Once you have registered for Homecoming, you will be able to choose the workshops that you would like to attend based on the order in which you registered. (Availability for each workshop is limited.) You will be sent a description of each workshop (on August 15) to choose from. All alumni and their guests will be able to attend 3 workshop sessions on Saturday.

### Scavenger Hunt

Come prepared to play and/or cheer along with your fellow alumni in our first ever Bridge to Recovery Scavenger Hunt! This is a tremendous chance to let your inner child out and play in this friendly competition where you can put your Bridge to Recovery knowledge to the test. All skill levels are welcome to participate (and we encourage everyone to). Just be prepared to laugh, have fun, and let loose.

### Concert & Campfires

Music connects people. On Saturday night, we invite all of our alumni and their guests to stay for our annual concert which will be held on the stage near the main tent. This year we welcome Tamara

Stewart to our stage and you are in for a wonderful experience. Feel free to bring a blanket or hoodie to wrap up in, as it can get chilly in the evening when the sun sets.

At the conclusion of each evening (weather permitting), we will try to get a campfire going and have some treats. It's a great place to gather around, enjoy some downtime and spend time with others.

### **Food**

During our Alumni Homecoming, meals that occur during the event are included at no additional cost. These meals are:

**Dinner on Friday Evening**  
**Continental Breakfast on Saturday Morning\***  
**Lunch on Saturday**  
**Dinner on Saturday**  
**Continental Breakfast on Sunday Morning\***

*\*Our continental breakfasts are usually light, consisting of coffee, juices, pastries and easy-to-grab foods. We cannot adhere to dietary requests for these continental provisions, and encourage anyone with special dietary needs to eat a breakfast of their preference prior to arrival.*

Please notify me via email at [sarabeth@thebridgetorecovery.com](mailto:sarabeth@thebridgetorecovery.com) if you have dietary needs, including any allergy information and specific diet requirements such as gluten free, vegetarian, nut allergies, etc. We will do our best to accommodate dietary requests during our lunch and dinners. While VERY rare, if for some reason we are unable to accommodate any requests during our Homecoming, we will notify you prior to the event.

### **T-Shirts**

Part of your registration cost includes our annual Alumni Homecoming T-Shirt. While not required, we encourage everyone to wear their T-Shirt on Saturday, October 16<sup>th</sup>. On the days of the event, all staff will be in a mauve colored "Staff-Only" T-Shirt to make it easy to identify us in case you have questions.

### **Weather**

The weather in Bowling Green in October is usually perfectly mild with highs in the 70's and lows in the 40's to 50's. The majority of the event will be outdoors, so please be sure to dress for warm and cool weather. We recommend dressing in layers. We also offer several different activities that may require a change of shoes in case they get muddy.

## **Arrival & Travel**

### **If you are flying...**

We recommend that your flight arrive at the Nashville airport no later than 2:00pm CST on Friday, October 15<sup>th</sup> in order to allow enough time for you to arrive for the 4:00-5:00pm Registration and Check-in Hour. Some alumni also elect to arrive on Thursday to ensure no travel delays or cancellations.

We recommend that you rent a vehicle for the weekend, as you will also need transportation from your hotel to The Bridge each day. Car rentals are available at the Nashville airport. Please follow the driving directions below because you may remember how GPS can easily bring you in the wrong way!

NOTE: If you are interested in renting a vehicle and ride-sharing with other alumni, we encourage you to reach out on the Alumni Facebook Page (if you are not connected on that page, please contact me at [sarabeth@thebridgetorecovery.com](mailto:sarabeth@thebridgetorecovery.com) and I will get you added).

### **If you are driving...**

We ask that you plan to arrive for the 4:00-5:00pm Registration and Check-in Hour. Please follow the detailed driving instructions below, because you may remember how GPS can easily bring you in the wrong way.

If you are willing to help transport other alumni, either from the airport or from hotels to The Bridge, we encourage you to reach out on the Alumni Facebook Page, as there may be people seeking to ride and cost-share (if you are not connected on that page, please contact me at [sarabeth@thebridgetorecovery.com](mailto:sarabeth@thebridgetorecovery.com) and I will get you added).

### **Directions**

- From Nashville, take I-65 North, and from Louisville, take I-65 South.
  - Take Exit 30.
  - Follow this road all the way to the end approximately 4.0 miles.
  - EXIT right onto 31-W.
  - FOLLOW 31W North approximately 1.3 miles.
  - TURN left onto Highway 743.
  - FOLLOW HWY 743 approximately 4.1 miles.
  - TURN left onto Highway 1749.
  - FOLLOW HWY 1749 approximately 2.3 miles.
  - TURN left onto The Bridge Road – continue on The Bridge Road (DO NOT TURN OFF AT ANY TIME) until you see the sign
- LANDMARKS: You will be near your turn onto The Bridge Road when you pass “Sailings Grocery Store and Gas Station” on the right side of HWY 1749. Continue and you will see a White Church on the right. As soon as you top the hill and pass the Church, please slow down. The Bridge Road is the first left once you pass the Church.
  - You will be entering The Bridge to Recovery when the paved road becomes very narrow. You will notice a sign as the road narrows that. At the bottom of the hill you will notice cars parked and a street sign labeled Phil Leedy Lane. Please take a left on the gravel road towards the white tents for parking.

### **Departure**

The Alumni Homecoming will conclude around lunchtime on Sunday, October 17<sup>th</sup>. The closing ceremony will be a way to show and accept gratitude. We encourage everyone to stay and attend the closing ceremony. It is an integral part of the weekend and such a special experience. It was ranked as one of the favorite portions of the weekend last year – you won't want to miss it! Your flights should be booked after 4:00pm to give yourself adequate time to get to Nashville.

### **Lodging**

The Bridge has partnerships with some local Hotels that we recommend. It is important to note that there are several big events happening in Bowling Green the weekend of our Alumni Homecoming – it will be important to make reservations ASAP. Please be reminded that because The Bridge will have clients actively engaging in our program, we CANNOT allow camping or lodging on our property. As

mentioned earlier, if you are interested in cost-saving with other alumni, please reach out and connect on our Alumni Facebook Page.

### **Hotel Sync**

518 Corvette Dr.  
Bowling Green, KY  
(270) 745-0123

**All suite-style rooms,  
nearest hotel to BTR, we  
have reserved a block of  
rooms until 9/15/21.**

**Please use this link to  
book:**

<https://gc.synxis.com/rez.aspx?Hotel=72055&Chain=6330&template=RBE&shell=zambezi&promo=BRHC>

### **Home 2 Suites**

Home 2 Suites by Hilton  
520 Wall St.  
Bowling Green, Kentucky  
270-904-2219

### **TRU by Hilton**

1864 Cave Mill Rd.  
Bowling Green, KY  
(270) 904-2260

### **TownePlace Suites**

1818 Cave Mill Rd.  
Bowling Green, KY  
(270)782-4714

### **KOA Campground**

#### **Tent/Cabins/RV**

1960 Three Springs Rd.  
Bowling Green, KY  
(270) 843-1919

## **Important to Note**

### Your Consents & Release of Liability

When you submitted your registration online, you also answered several questions that provided your agreement/consent in several different areas. These included releasing The Bridge from any liability during your participation/attendance of the event, as well as a photography release. We MUST have these consents and release of liability on file for all participants. If you registered several people under one name (i.e. your own), when you arrive for registration, all members of your party will be asked to sign these same releases providing their own consent and release of liability. If you and your guest registered online under each unique name, they will NOT be required to sign additional documents upon arrival. **If you are not sure how you are registered or if you need to sign anything else, NO WORRIES – we will have a great team to help you upon arrival.**

### Guests

The Bridge to Recovery Alumni Homecoming is only open to adult guests age 18+. When you completed your online registration you also answered a question confirming that everyone in your party is age 18+. This is very important for several liability reasons nor do we have programming and activities designed for minors.

### Contacting us During the Event

As many may remember, The Bridge to Recovery is pretty secluded and cell phone reception can be extremely spotty. If you should need assistance during the event, you can use any of the contact methods below. However, please note that I will access my email frequently during the event. This will be the best way to reach me.

Sara Beth Caldwell, Director of Referent and Alumni Relations

Call: 877-866-8661

Text (270)202-3981

Email [sarabeth@thebridgetorecovery.com](mailto:sarabeth@thebridgetorecovery.com)

