Magnolia Meadows
WAVERLY, TENNESSEE

GRIT
★ GAINING RESILIENCE IN TRAUMA ★

VOL. 19 | October 2026
NEWSLETTER

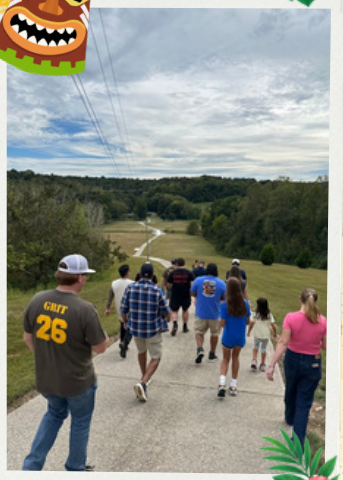
2nd Annual Alumni Picnic
Food. Family. Fellowship. Fun.













Aloha memories from Magnolia Meadows!

Over 100 people. Incredible food. A whole lot of laughter. And one important reminder: Recovery doesn't happen alone. Our second annual GRIT Alumni Picnic was a HUGE success! We welcomed over 100 alumni, families, staff, and current clients for an afternoon of reconnecting, celebrating, and simply enjoying life. Between the dunk tank, photo booth, bounce house, inflatable axe throwing, and incredible food, there was no shortage of fun. But the true highlight was hearing from our alumni speakers. Their honesty, courage, and willingness to share their journeys reminded us why we do what we do. Seeing where they are today was something special. As we move into October, we recognize Depression and Anxiety Awareness, Bullying Prevention, Emotional Wellness, and Breast Cancer Awareness. While these topics may seem different, they share a common thread: the importance of connection and having the right people in your corner. Depression, anxiety, and experiences with bullying can leave individuals feeling isolated, insecure, and questioning their self-worth. Even physical health challenges can take an emotional toll. Strong social connections help combat isolation, rebuild confidence, strengthen self-esteem, and provide encouragement when life gets difficult. Even during significant physical health challenges, such as a breast cancer diagnosis, emotional support and meaningful relationships can make a tremendous difference in how someone navigates the experience. For first responders and military personnel, finding that connection isn't always easy. Our experiences, culture, and even our dark humor aren't always understood outside our professions. And when we step away from the job, we can lose more than a career. Sometimes we lose our sense of belonging. That's why finding your tribe matters. Your tribe isn't necessarily the people you've known the longest. It's the people who understand you, challenge you, celebrate your progress, and show up when things get tough. That's exactly what we witnessed at our Alumni Picnic. Former clients reconnecting, families laughing together, and current clients seeing firsthand that life beyond treatment can be filled with friendship, laughter, and genuine connection. It was more than just a day of fun. It was a reminder that healing doesn't stop when someone leaves our campus. It continues through the relationships we build, the support we give one another, and the community we remain part of. That's what GRIT is all about, and it's what we hope every person carries with them long after treatment. To everyone who joined us, thank you for making this year's event so special and reminding us just how powerful connection can be. Find your people. Build your tribe. And never underestimate the power of belonging.

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The Fun, the Food, the Fellowship.

PAWS & PURPOSE
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RETURN TO THE LIFE YOU LOVE

FIRE RESCUE · LAW ENFORCEMENT · EMS · DISPATCH · CORRECTIONS · MILITARY

WE HELP YOU FIND A WAY.

DID YOU KNOW?

We are In-Network and work with most Commercial Insurance,
VA CCN Benefits, and TriCare East!
Not sure about your insurance? We have specialists ready to talk about your specific plan!

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FLAVOR BRIEFING
Picnic Edition



From the Smoker to the Smiles!

PAWS PURPOSE
support dog spotlight



Boots

Boots is a male Mini Double Doodle who comes from a line of therapy dogs and is trained to provide comfort and support after difficult calls, helping crews reset and return to normal. His training is sponsored by Vets Helping Heroes. Boots spends many days visiting fire stations, bringing comfort, calm, and plenty of smiles along the way. He loves treats, belly rubs, and making fast friends wherever he goes. Pictured here with Captain James Edwards of Pasco Fire Rescue, Boots is a reminder that sometimes healing shows up on four paws.

TEAM GRIT spotlight



Paige 2026

Paige wears many hats at GRIT, and we're grateful for every one of them! From her work in Utilization Review to stepping up with outreach and admissions, Paige continues to go above and beyond. Most recently, she put her compact nursing license to work, helping cover nursing shifts when we needed it most. She's come through in a pinch (or two!), and her dedication, flexibility, and initiative haven't gone unnoticed.

Paige, we appreciate you and everything you bring to the GRIT team! 🎩🩺👏

TEAM GRIT

FOP Approved Wellness Provider

FOP APPROVED
Wellness Provider

GRIT is proud to be recognized as an FOP Approved Wellness Provider. This approval reflects our continued commitment to serving First Responders with specialized care that understands their culture, challenges, and needs.

FIRST RESPONDER FOCUSED.
We understand. We respect. We help.

OFF DUTY
OCTOBER EDITION
CREATED BY GRIT AT MAGNOLIA MEADOWS



BREAST CANCER AWARENESS MONTH

During October, we honor survivors, remember loved ones, and stand with those still fighting. Early detection, support, and hope matter.

Hope. Strength. Courage.

