



⓪ NEXT SHOT

Golf and mindfulness programs for people in recovery

FOUNDATIONS Learn the game

ON COURSE Bring your game

One Core, Two Paths

Golf offers what recovery needs: structure, time outdoors, and a healthy community. Both programs teach the same two things.

MINDFULNESS

- Pre-shot routine: breathe, pick a target, commit, swing.
- “Next shot” acceptance: a bad shot doesn’t get to hijack the next.
- Grounding: the grip, the sound of contact, the walk between shots.

INTEGRITY

- Call it on yourself. Own your penalties.
- Keep an honest score. Every stroke counts.
- Respect others: pace of play, quiet during a swing.

Integrity Moment

Each week we discuss a real situation from the round, openly and without shame.

Foundations · Learn the game

For residents new to golf, or returning after years away. Your mentor walks every step with you.

- 8–10 weeks, one session per week
- Driving range and par-3 course sessions
- One-on-one pairing with a volunteer mentor
- One fundamental a week: grip, stance, putting, etiquette
- Low-pressure scramble and best-ball play
- Clubs, shoes, and transportation provided
- Alcohol-exposure plan built into every session

No experience needed. Just show up. We’ll handle the rest.

On Course · Bring your game

For residents who already play. The same mindfulness and integrity, tested on the real course.

- 8–10 weeks, a weekly round of 9 or 18 holes
- Stroke play and match play, self-scored
- A mental-game focus each week: frustration, pressure, patience
- Mentors play alongside you as partners, not instructors
- Season ends with a house cup tournament
- Foundations graduates welcome to step up

Your scorecard is your word. Every stroke counts, and the only person who can sign it is you.

A Typical Session

- 1 Check-in** · 10 min
One question, one circle. Arrive as you are.
- 2 Mindful warm-up** · 10 min
Stretching and breath work.
- 3 Skill or challenge focus** · 30–45 min
A fundamental (Foundations) or a mental-game challenge (On Course).
- 4 Play** · 60–75 min
Range or par-3 scramble with your mentor (Foundations) or a self-scored round (On Course).
- 5 Closing reflection** · 10–15 min
What came up? What would you do differently?

Get Involved

Volunteer mentors

Walk a round with a resident. No golf expertise required, just a willingness to show up and be present.

Course partners

Donated range time, off-peak rates, or a PGA professional willing to teach a clinic.

Donate equipment

Gently used clubs, bags, and shoes help remove every cost barrier.

Sponsor a season

Your gift covers range fees, loaner gear, and transportation for the group.

“The most important shot in golf is the next one.”

Contact us

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