

WHAT RECOVERY MEANS TO US

Reaching out to help each other

Embracing challenges, adapting to change

Connecting to others even if the feeling isn't there

Opportunities to help us grow, to heal

Victory will be the end result ---

Engaging in group activities, receiving support

Realizing it makes me think about different ways to do some things

You can learn from the help and support of others

“Creative Writing for Recovery” Writing Group (September 2018)

Question to Think About: “How Complete Will Recovery Be Without Peer Support?”