

If you are thinking about reducing or stopping your alcohol or drug use, the thought of where to begin or how to ask for help can be challenging.

This can be even more difficult if you are pregnant or thinking about becoming pregnant.

the past does not define me

i am enough

RECOVERY

Ask for help

Big goals & Small goals

i am loved

Social Supports

i can do this

WHERE ARE YOU IN 2022?

HEALING

Parenthood

Look ahead, not behind...

one day at a time

The collage features several images: a family hugging, hands reaching towards each other, a group taking a selfie, a person on a hill at sunset, and a pregnant woman. The text is written in various fonts and colors, with some words in bold and others in italics. There are also decorative elements like a yellow brushstroke and a yellow starburst.

Know you are not alone in achieving your goals. We are here for you when you are ready to reach out.