

We are *all* **RECOVERING** from something.

We don't have to hit rock bottom to **PURSUE RECOVERY** in any area of our lives. We believe in *early intervention*.

We must be *supported* to find & follow individualized **PATHWAYS & PATCHWORKS** of recovery.

Recovery is a **JOURNEY TO WHOLENESS**. We learn to take care of our body, mind, emotions & spirit.

We answer the call to heal our *past wounds* and **INTERGENERATIONAL TRAUMAS** so we can live fully in the present.

We focus on our **STRENGTHS**, not our defects. This is how we *change*.

We understand that the practice of *radical* **SELF-LOVE** is paramount to our well-being.

We do our *individual work* in order to create & hold healing spaces for everyone. **ALL WOMEN** deserve recovery.

When *we're ready*, we recover out loud so that women who are struggling can find & **JOIN OUR MOVEMENT**.

Connection is our sole (soul) *purpose*. We're **STRONGER TOGETHER**.