

**THIS IS THE BEGINNING
OF YOUR NEXT CHAPTER**

YOU ARE STRONG



This card has been designed by women who have been where you are now.

We want you to know that we are with you, believe in you and know the courage it takes to walk through that door.

Be kind to yourself, you are amazing and valued x

“Give this your best, it’s hard but you will learn so much. It changed my life and I have so much more in recovery”

“It takes a while to settle in. Stick to your own recovery”

“You are doing the right thing, people are supportive and kind. You do have freedom and will feel safe around like minded people”

“Be brave, people can only support you when you are honest”

“Remember you do not have to tackle everything at once. Try to allow others to hold you, you don’t have to trust everyone but try to find one person to start with. You can do this ”

“You won’t be completely cut off from family, you can do this. Do it for yourself not others”

“It’s not prison, this is better than what’s out there. It’s not easy but I laughed a lot and it is all worth it to get recovery”

“Rehab is not about giving something up, its about taking everything back! You are stronger than your struggles and you will be supported every step of the way”

“This is the beginning of your next chapter. A brand new chapter of recovery. There will be some challenges, lots of belly laughter, bits of fun and some healing tears that you have held in for so long. You are now safe, surrender, let go of the old life and open up to the world of possibilities. You are not alone and you are loved “

“ You can feel safe, will sleep and enjoy routine. You are not alone.”