

# RECOVERY

\*HEALTH \*HOME \*PURPOSE \*COMMUNITY

**Recovery** from mental and/or substance use disorders is defined as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.



**We are committed to helping you** work towards recovery and wellbeing. Our outpatient mental health and substance disorder services are designed to assist and inspire you in achieving growth, development, and wellbeing. The process of recovery is one that is empowering and life changing. Please give us a call now, to discuss your needs and to learn how we can help you achieve meaningful life goals.



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