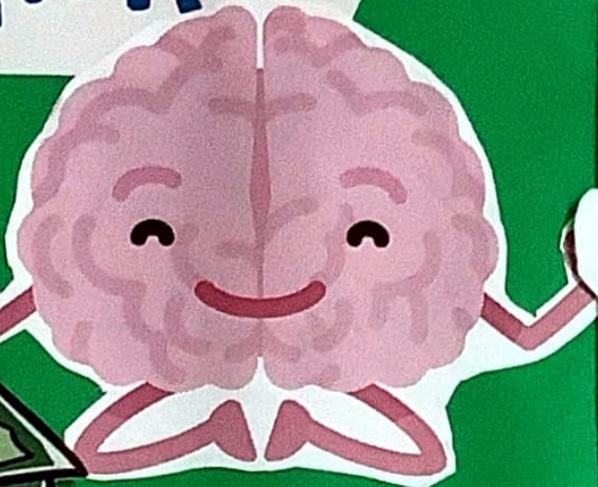


look on the bright side



LITTLE STEPS
MATTER



HEALING IS

not

LINEAR





replace fear of the unknown with curiosity



COLORING
BOOK

ALCOHOL
FREE.

Healthy
Boundaries

Maybe we feel empty because we leave pieces of ourselves in everything we used to love.

—R.M. Drake

