



# CARES

CENTER FOR ADDICTION, RECOVERY, EDUCATION AND SUCCESS

PIK PREVENTION IS KEY  
SPECIAL PROJECT



## Someone at CARES, **cares about you!**

Each item in this box has been hand crafted and handpicked by those that have a heart to inspire and strengthen your journey of Recovery. We believe that all of us are in Recovery from something and we hope these items motivate and empower you to live a life of healing and purpose.

### **The theme for this package of hope is *Serenity*. The items chosen for you are:**

- A personalized note from a person in Recovery that was excited to let you know that you are never alone on this journey.
- A handmade “Sereni Tea” mug with 3 Chamomile tea packets to help calm your soul during day-to-day anxieties and a motivational coaster to rest your mug on.
- A handmade lavender sugar face scrub to help you feel refreshed and relaxed.
- Handmade socks with a motivational quote on the bottom “one step at a time” to remind you that all we have is this moment.
- An inspirational picture with a hand-written message on the back to help return your focus on the beauty of life.
- Handmade natural gem stone mala bracelet. This bracelet is designed with the spirit to inspire you to set an intention and meditate throughout the day. Some intentions you may resonate with: “I am peace;” “Today is a good day to have a good day;” “I will find opportunity in today;” and “I am worth it.”
- Some hygiene products you may need.

The outside of the box was handcrafted and designed. It can be used as a “Serenity Box.” You can write any and all worries on pieces of paper during your day. Put each worry in the box. This act creates the experience of surrender. Knowing that something bigger than us is in control and there is no need for us to worry.

Stay Serene!

