



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 *Strength*. 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 handcrafted "Integri Tea" mug with 3 Honey Lemon Ginseng tea packets to help armor you for any daily stressors that may come your way and a motivated coaster to place your mug on.
- A handmade bar of soap to help you feel rejuvenated.
- Handcrafted socks with a motivational quote on the bottom, "Stand in Your Truth," to remind you of how much strength you have in you and to never break your integrity.
- An inspirational picture with a hand-written message on the back to help return your focus on the beauty of life.
- Handmade wooden bracelet with a tiger eye gemstone. The gemstone Tiger Eye aids in harmony and balance. It stimulates taking action. Throughout the day, let it be a symbol to help you refocus and set intentions. Here are some you may resonate with, "Still, I Rise;" "I am enough;" and, "You are clothed in strength."
- A handmade sandalwood scented candle made by the mother of Kyle Zdep. Kyle lost his life to substance use. Sandalwood promotes the ability to feel strengthened and grounded. Light this candle to keep the light alive in you.
- Some personal hygiene products you may need.

The outside of the box was handcrafted and designed. It can be used as a "Strength 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.

**You are stronger than you realize, so if you have days
where you do not feel that, know that we feel it for you.
You are never alone!**

