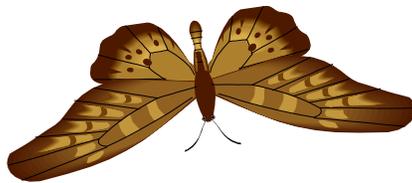
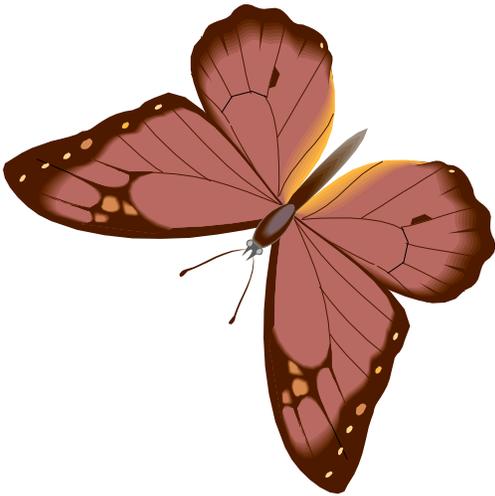
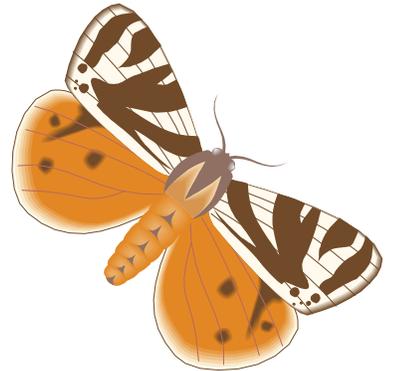
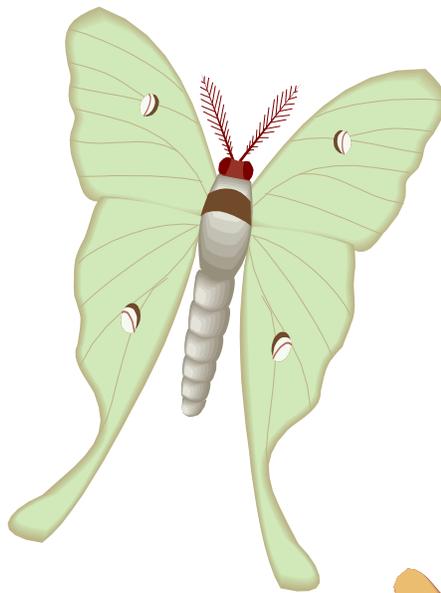
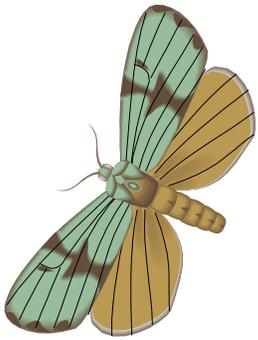


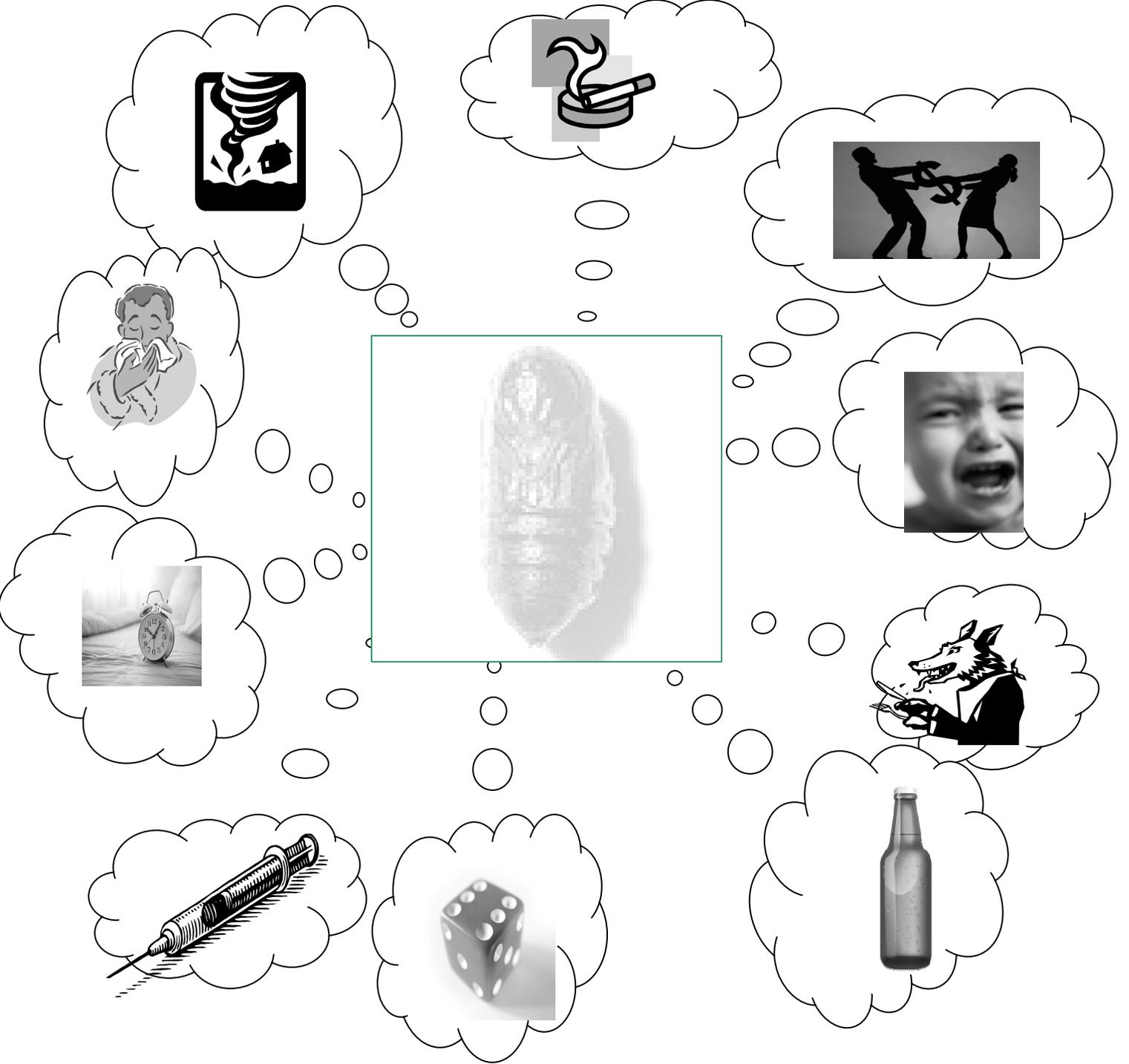
R Picture Recovery



Created by:
Carol Coussons de Reyes, Certified Peer Specialist, MS
Office of Consumer Affairs
Division of Behavioral Health
Nebraska Department of Health and Human Services
1-800-836-7660



The Caterpillar is born.



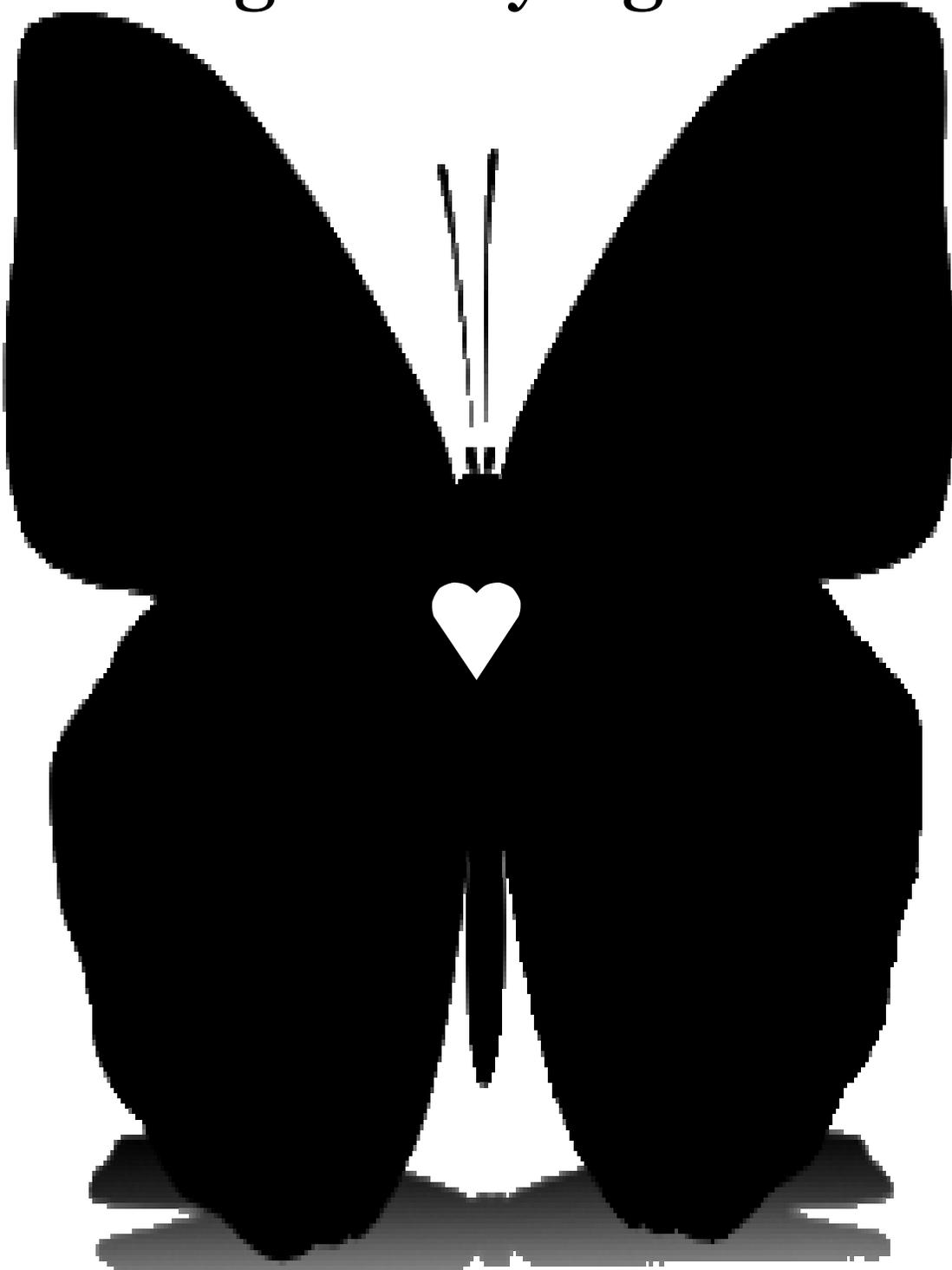
Cocoon:

A place of struggle, challenge, and growing to move beyond homes, relationships, and environments that hold us back.

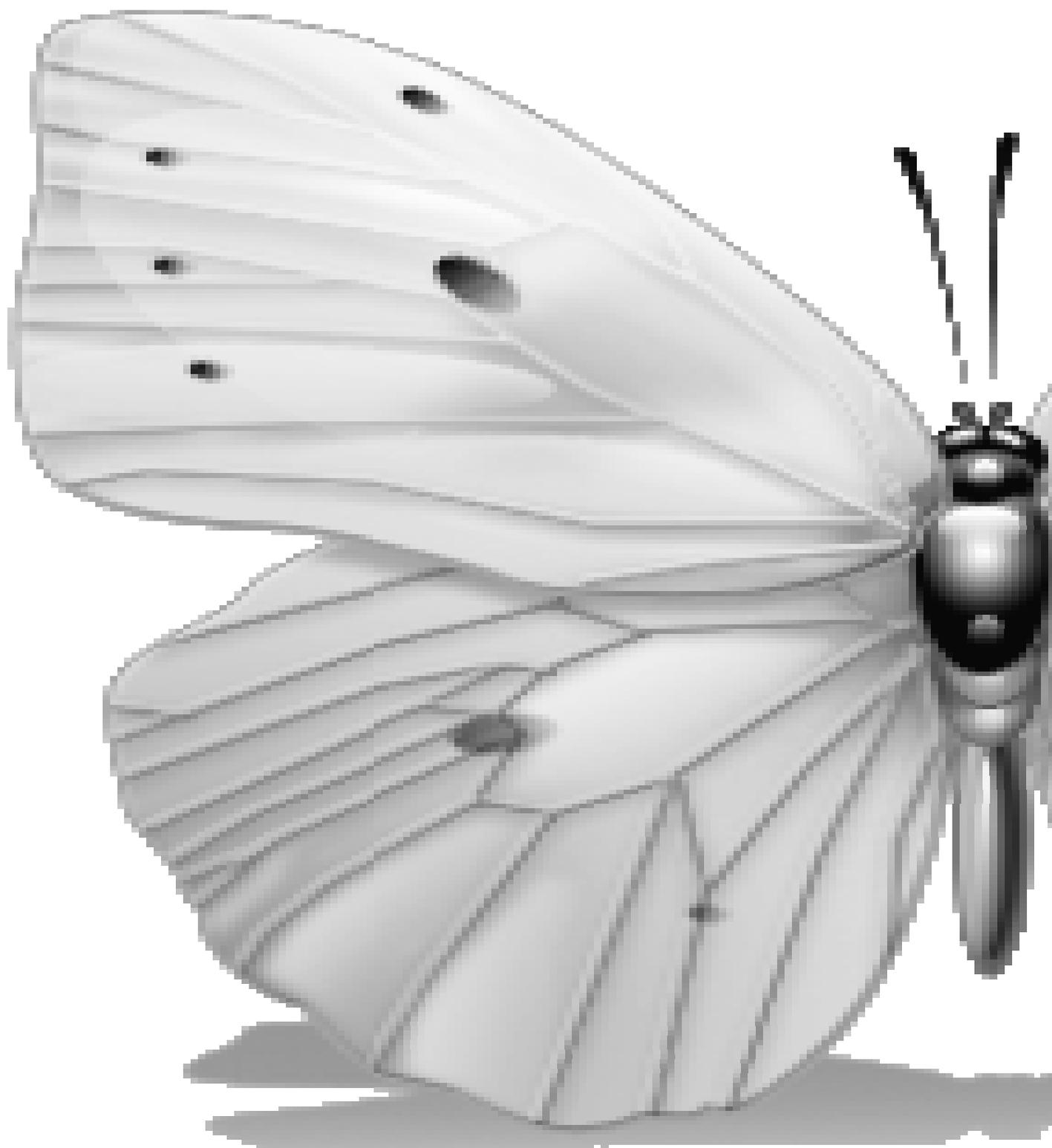


Determined to Fly

Over the next several pages, you will find wings and pictures to cut out. Place the pictures on the wings to build wings for flying in Recovery.



Building Wings to Fly





Cut and paste on your wings, pictures of foods that support your recovery:



Cut and paste on your wings, pictures of activities that support your recovery:

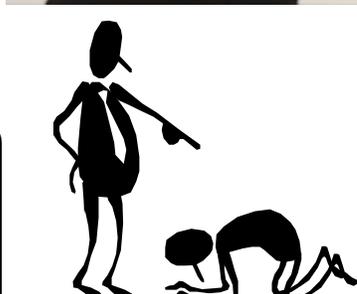
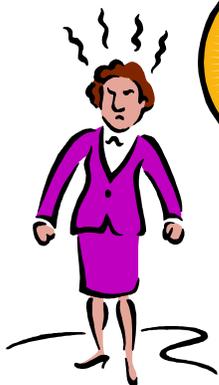




Cut and paste on your wings, pictures of job activities that support your recovery:



Cut and paste in the background of your wings challenges to flying in recovery:



Moony.



First Flight



Value the struggle that you have
on your journey.

My friend Charles B. Willis
says that if you are to cut a cocoon open
to free a butterfly too soon that the
butterfly will never be able to fly.

Charles is full of stories from his journey.

Our struggle is the ground on which we
build wings to fly.

This workbook is dedicated to three tal-
ented and important artist whose journeys
represent the great legacy of
recovery and hope-

Lois Curtis

Nathaniel Ayers

Jerome Lawrence