

RESILIENCY IN RECOVERY DURING A PANDEMIC

September is National Recovery Month

The six months since quarantine started have been hard and lonely for everyone. But for those in recovery for alcohol or substance use, it can be especially difficult.

For **National Recovery Month** in September, we would like to ask you to check on loved ones in recovery. Send them an encouraging text, drop off a healthy snack, or surprise them with a letter.

If you don't know anyone personally in recovery, the following providers will accept anonymous mail to share with their residents or members.

Healing Transitions

1251 Goode St.
Raleigh, NC 27603

RI International

2245 Stantonsburg Rd., Ste. O
Greenville, NC 27834

Oxford House

9016 Mustard Seed Ln.
Garner, NC 27529



Please also visit us on Facebook during September to see how resiliency helps them develop the tools to thrive each day! [@TrilliumHealthResources](https://www.facebook.com/TrilliumHealthResources)

