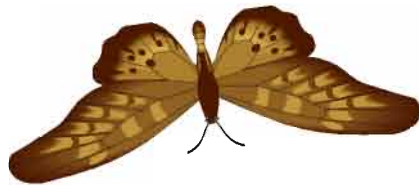
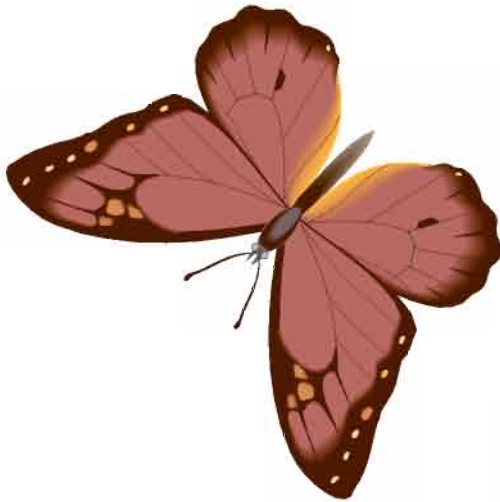
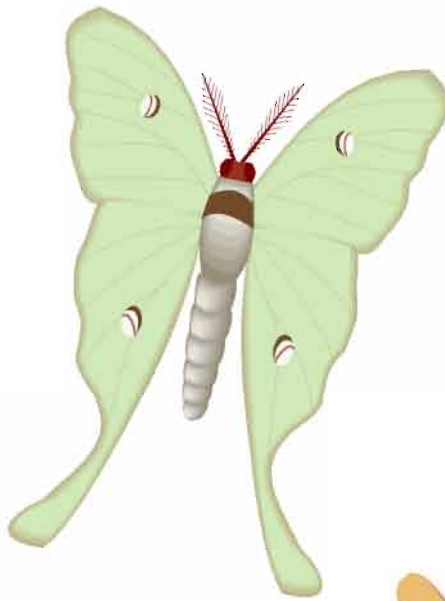
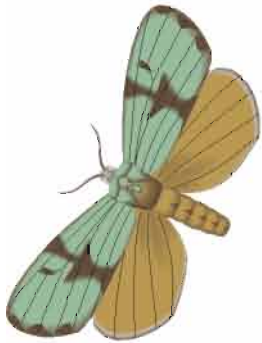


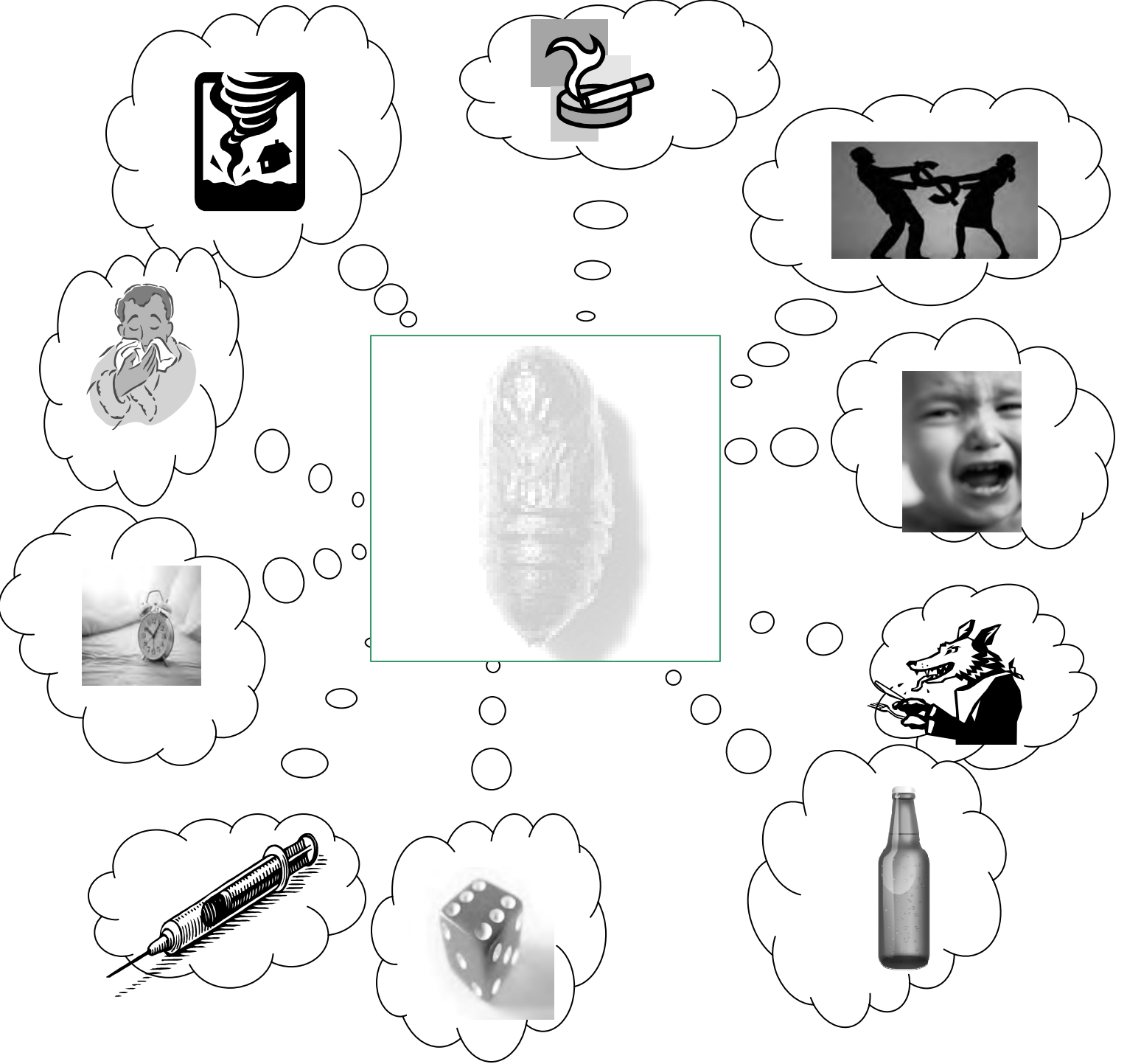
# R Picture Recovery



**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**

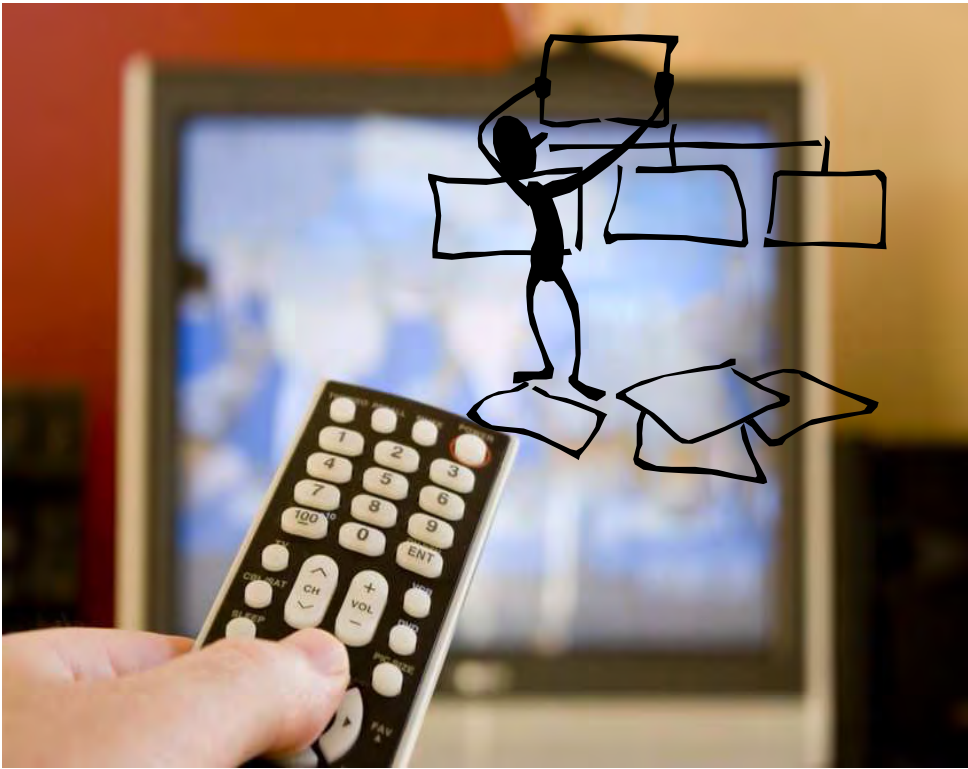


The Caterpillar is born.



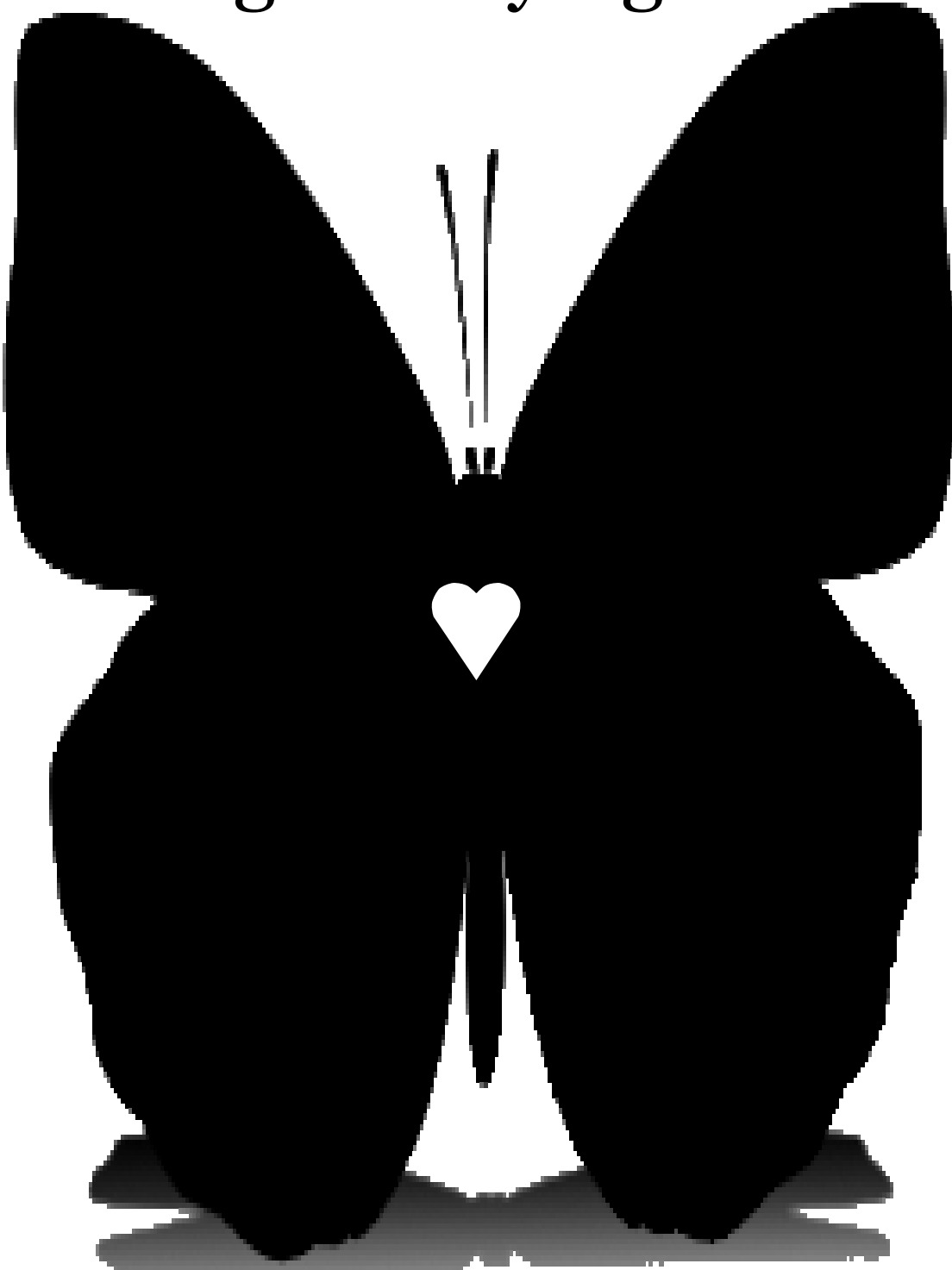
## **Cocoon:**

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

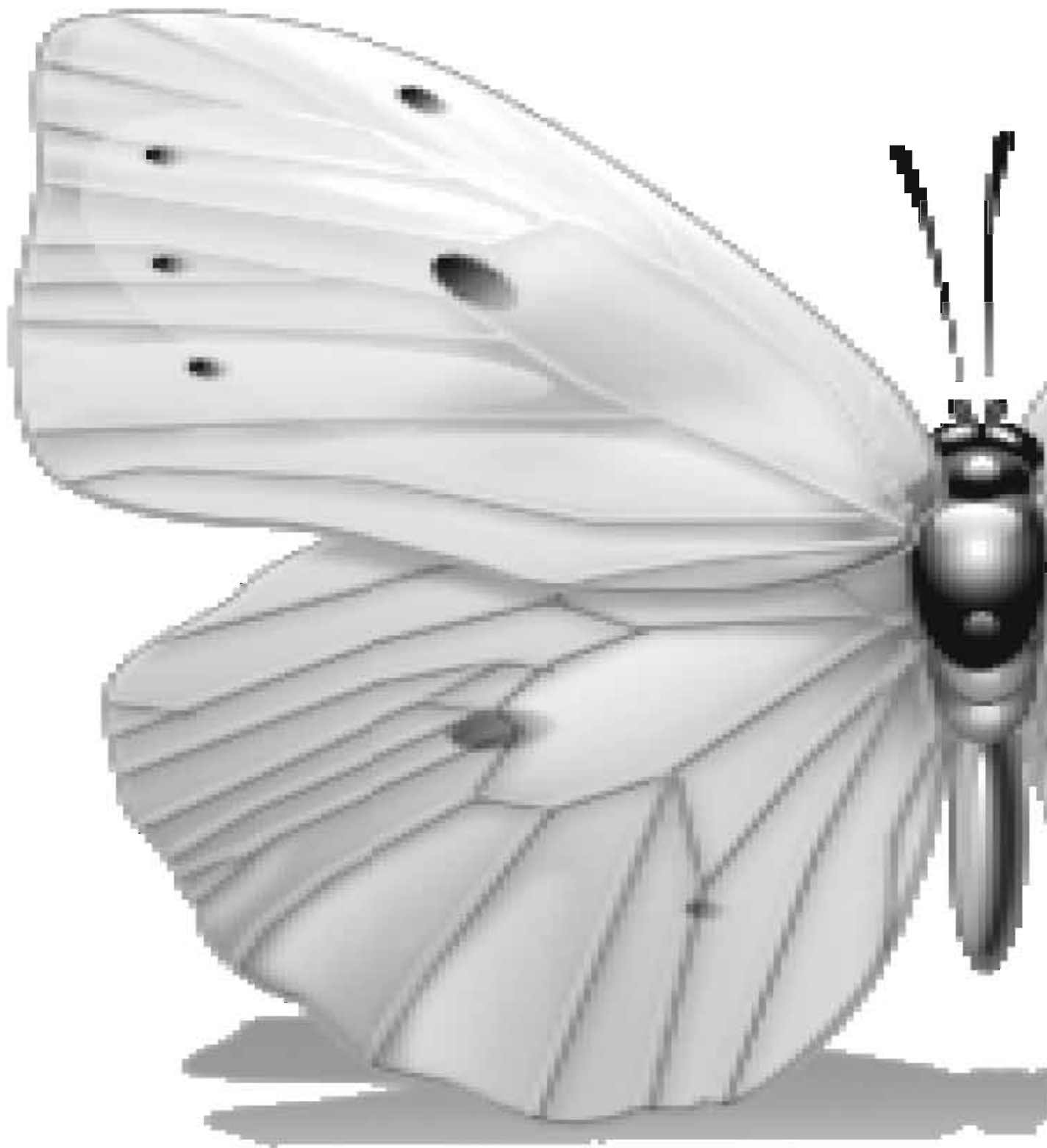


**Determined to Fly**

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:



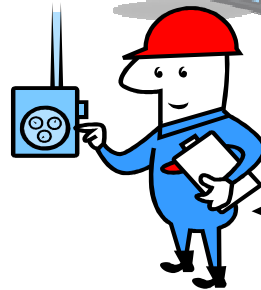
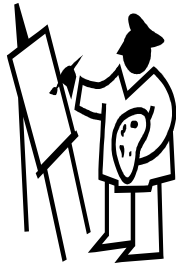
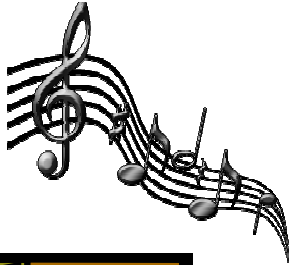


# Cut and paste on your wings, pictures of activities that support your recovery:

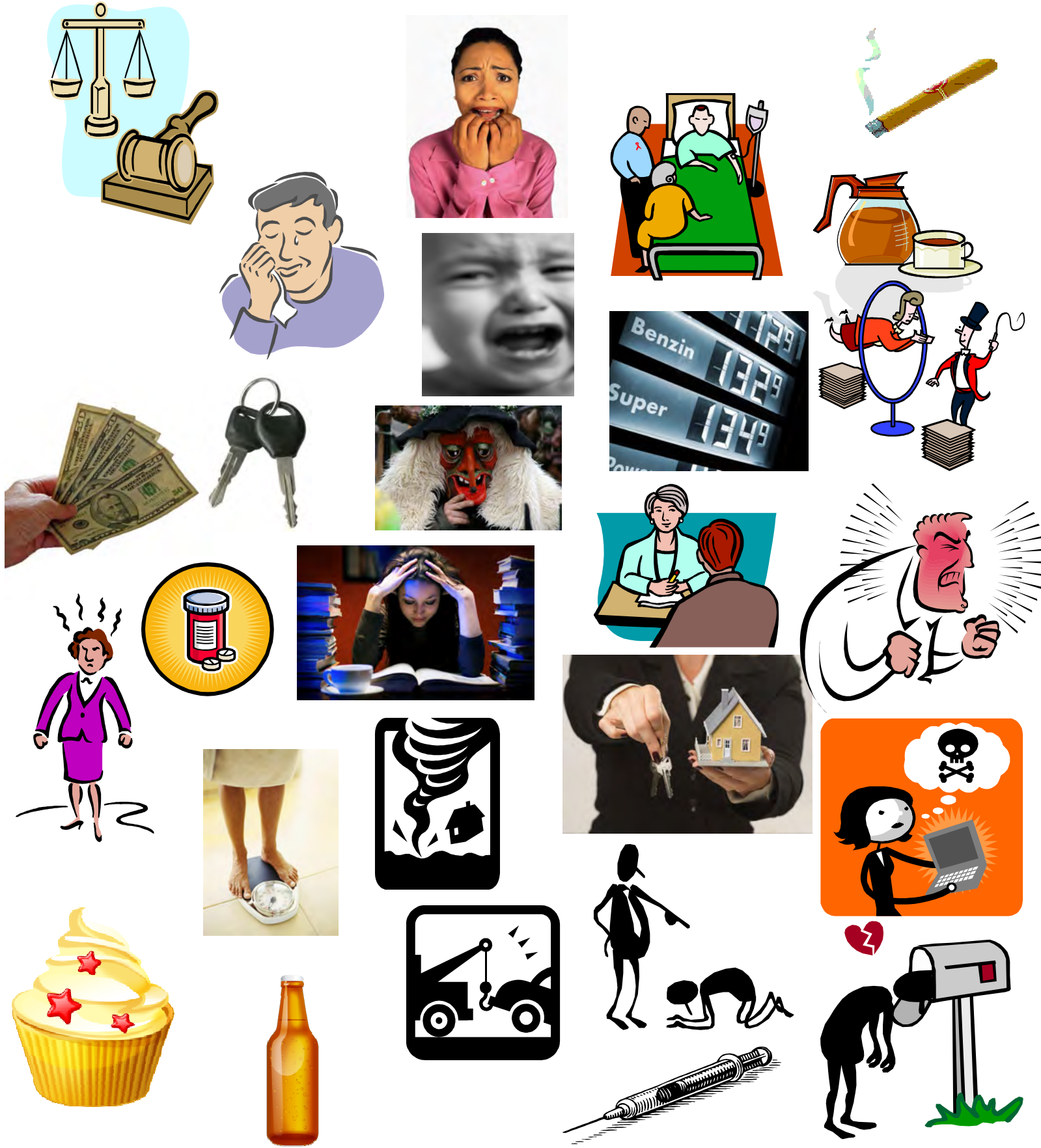




# Cut and paste on your wings, pictures of job activities that support your recovery:



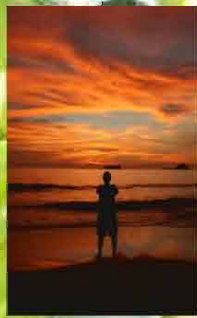
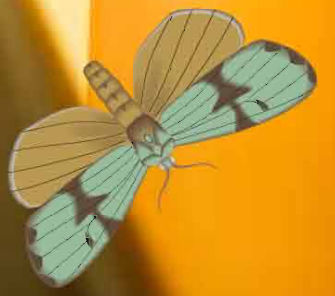
# Cut and paste in the background of your wings challenges to flying in recovery:



*My Destiny*



*First Flight*  
**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