



# HELP IS AVAILABLE RECOVERY IS POSSIBLE AND IT WORKS

TARAEA, 54  
SAGINAW, MICHIGAN

**18 MONTHS SOBER**

Getting help for substance use is an act of strength, and it's possible. Recovery is the first step in a new chapter, and that's something worth celebrating.

Learn more at:  
**[CelebratingStrength.com](https://CelebratingStrength.com)**



**MSHN**  
Mid-State Health Network