

Hello everyone,

Thank you for gathering here today. I want to start by acknowledging the incredible strength that each of you has shown just by being here.

Embracing recovery is no small feat. It takes courage to face the storm within and determination to seek a brighter path.

Remember, every step forward is a victory. Some days may be harder than others, and that's okay. Progress is not always a straight line. Be gentle with yourself, and don't measure your journey by the setbacks, but by the strength you gather to rise again.

You're not alone in this. Lean on the community around you--friends, family, and fellow warriors of recovery. Together, we form a tapestry of support and encouragement, woven from understanding and shared experiences.

Believe in your power to change and in the brighter days that await. Each moment of strength brings you closer to the life you envision. Keep holding on, keep reaching out, and keep believing in your capacity to overcome.

Your journey is a testament to human resilience, and for that, you should be proud. You are champions, writing a new chapter of hope and renewal.

Keep going, and know that we are all cheering for you.

Thank you.