

TAKE THE INSPIRATION YOU NEED

When you open your heart to recovery, you open the door for someone else to do the same. The Open Heart symbolizes support, strength, and solidarity in recovery, whether it's you or a loved one on this powerful journey.

**Take what speaks to you
or share these words with
someone who needs them.**



For recovery resources and more information, visit **embrace recovery** SC.com

| BHDD



Keep showing up for yourself.
openHeartSC.com



You are not alone in this.
openHeartSC.com



You are more than your past.
openHeartSC.com



Progress, not perfection.
openHeartSC.com



Every journey starts with one step.
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An open heart is a brave heart.
openHeartSC.com



You are wanted here.
openHeartSC.com



You can do the hard things.
openHeartSC.com



You get stronger every day.
openHeartSC.com



Open your heart to recovery.
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