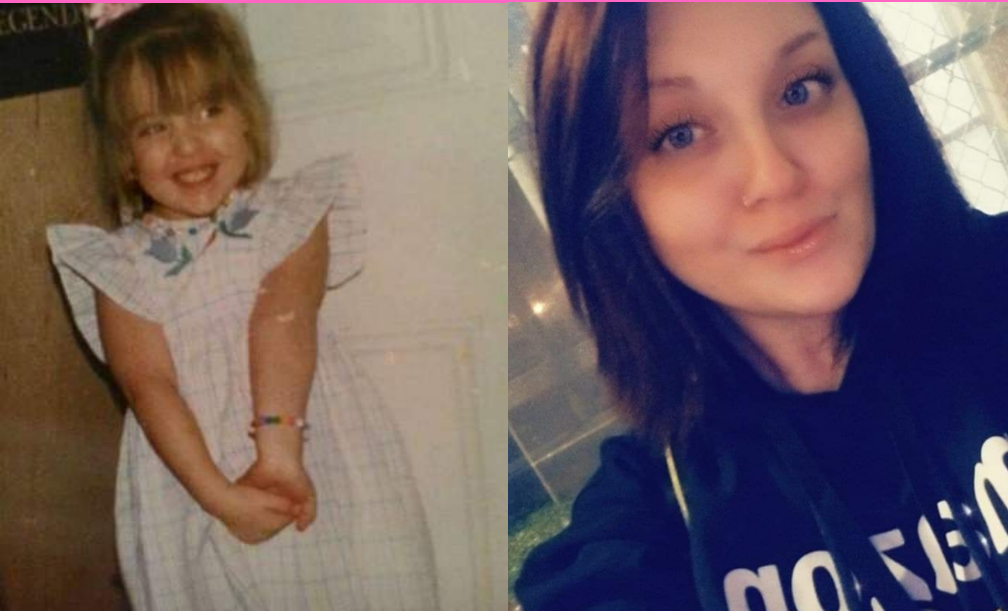


WOMEN IN RECOVERY

Empowering women's voices by spotlighting women in recovery!



**Kayla
Lammers**

**"If I had a superpower,
I would heal people
from this disease."**

What keeps you on this pathway of long-term recovery?

Kayla participates in 12-step meetings and counseling. She works at Amazon, which keeps her focused. Kayla added, *"Having my grandmother in my life and also knowing that I want a better life for myself. I have all these dreams, and I know I'm not going to get them while I'm using."*

What are you most proud of in your recovery today?

"For once in my life, I am independent. I am happy to be alive. I have money. For once in my life, I am comfortable in my own skin."

What would you say to those who are still struggling?

"You can get through this. You don't have to continue to go down this road. There is more to life than getting high or drinking. You are worth more, and you are stronger than you think you are. It's not worth losing your family, your kids, or your life. There is so much more to life."

Why is recovery housing so important?

Recovery housing takes women out of the negative circumstances they were in and puts them in a more supportive environment. Recovery housing gives us, as women, an opportunity to find ourselves again, to get on our own feet, and to become independent.