



APRIL 15, 2021

# COLLEGIATE RECOVERY DAY

**Need a helping hand?**

**Visit:**

- [www.recoverycentersofamerica.com](http://www.recoverycentersofamerica.com)
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.recovery.org](http://www.recovery.org)

**Or contact the WCU Counseling Center:**

- [wcupa.edu/counselingcenter](http://wcupa.edu/counselingcenter)
- [WCUCC@wcupa.edu](mailto:WCUCC@wcupa.edu)
- 610-436-2301

**THE OFFICE OF WELLNESS PROMOTION**



**IT DOES NOT  
MATTER HOW  
SLOWLY YOU GO  
AS LONG AS  
YOU DON'T  
STOP.**

**-CONFUCIUS**

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## RECOVERY IS...

- being honest with yourself
- being able to enjoy life without drinking or using drugs
- living a life that contributes to society, to your family, or to your betterment.
- being the kind of person that people can count on
- about giving back
- striving to be consistent with your beliefs and values in activities that take up the major part of your time and energy