

I Am Recovery
Women's Extended Care

About Us
I Am Recovery History
Established 2015

Things to Know About
I AM RECOVERY

Program Services: SSA -Seeking Safety Approach

ACT- Acceptance Commitment Therapy

EBT- Evidence Based Therapy

CBT- Cognitive Behavioral Therapy

IOP- Individual Organized Planning

GT- Group Therapy

IAR -I Am Recovery Workbook

“Personal Growth and Support”

Critical Awareness, Coping Skills, Healthy Boundaries,
Communication Skills, Recovery Tools and Resources, Positive Change,
Action Plan, Private Community and Ongoing Support (resilience, co-
dependency, forgiveness) Admitting and Accepting.

Testimonials

Connect with Us

Questions and Concerns - Feel Free to Contact Us

615-593-0192 email tawanda.iamrecovery@gmail.com.

Mailing Address

515 Vanderhorst Drive

Nashville, Tn 37207

I Am Recovery

Available 24/7 for Intake

“ I Am Recovery”

Tawanda Murray - Ms. Murray currently sponsors women in recovery and for several years has been facilitating recovery meetings in the Women’s Prison in Nashville, Tennessee. She has acquired 38 hours in Criminal Justice. Ms. Murray serves on the Tennessee Recovery Housing Transformation Leadership Team and is an active member of Meharry Medical College’s Elam Center Recovery Advisory Board and the Davidson County Community Advisory Board. Recently, she completed a documentary for Morehouse College and has a YouTube video on her curriculum and her journey into recovery. She feels that her journey’s greatest accomplishment is her ongoing ability to help others. Ms. Murray was also Guest Speaker for the Core-Civic Prison 3 -day National Conference and a Panelist for the Nashville Addiction Summit on Opioids. As well Ms. Murray was the 1st Parent- Mentor for the Nashville Juvenile Justice Safe Babies Program. She as well serves as a member of the Tennessee Association of Recovery Court Professionals and the Tennessee Association of Alcohol, Drug, and other Addiction Services. Ms. Murray is now pursuing her Bachelor of Arts in Behavioral Studies and has been Certified as a Life Coach and holds Family Coaching Certification.

Ways to Help

- Donate Time – Professional Skills, Finances
- Women’s Care Baskets (Pens, Folders)
- Donations for Scholarships for Program (fees, workbooks, court fees, fines)
- Bus Passes
- Gift Certificates for Clothing and Food

If you would like to donate

Mail checks to
515 Vanderhorst Drive
Nashville, Tn 37207

or

Cash app - \$iamrecovery

Recovery Education

FAQ

- Are we a recovery program? -yes
- How much are program fees? – discussed in interview
- Do we work with males? no