

I Am Recovery

Women's Recovery Support Extended Care
Firm Foundation Connections



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"We Do Recover"

Our program:

Interpersonal Learning

Time-management (goal setting)

Performance Improvement Plan

Relapse Prevention Plan

The Power of Recovery

The I.A.R. program is an innovative based course that focuses solely on providing its clients optimal care they deserve.

Class structure: Worksheet format and open discussion.

I.A.R.'s mission is to promote better outcomes for patients in recovery by removing barriers and opening new doors to services that will help them to maintain and sustain their recovering progress. Our goal is to ensure that everyone in recovery or seeking recovery, will be treated with dignity and respect.

The guiding principles for the course will be through the utilization of all resources made available through public, private and faith-based entities.

- The I.A.R. primary objective is to 1-Reduce the addiction rate, and 2-Increase the number of people in recovery. In order to achieve the two parallel objectives, we will identify with a series of prevention, intervention, treatment, and recovery support frameworks and utilize the I.A.R. curriculum

Tawanda Murray

"Your attitude is your altitude"

Feel Free to Call for Booking a Speaking Engagement about our program or a training class on recovery.