



# CARES

CENTER FOR ADDICTION RECOVERY, EDUCATION AND SUCCESS

**PIK** PREVENTION IS KEY  
SPECIAL PROJECT



## Someone at CARES, **cares about you!**

Each item in this box has been hand crafted and handpicked by those that have a heart to inspire and strengthen your journey of Recovery. We believe that all of us are in Recovery from something and we hope these items motivate and empower you to live a life of healing and purpose.

**The theme for this package of hope is Growth. The items chosen for you are:**

- A personalized note from a person in Recovery that was excited to let you know that you are never alone on this journey.
- A handcrafted “Hones Tea” mug with 3 tea packets to help promote spiritual peace and a motivational coaster to place your mug on.
- A hand made bar of goat soap to help you feel rejuvenated.
- Handcrafted socks with a motivational quote on the bottom “Keep Growing” to remind you of the amazing progress you have made and will continue to make.
- An inspirational picture with a hand written message on the back to help return your focus on the beauty of life.
- A Growth Bracelet made with wooden beads, African Turquoise (Jasper) healing stones, and a Hemalyke Buddha Head. This bracelet invites the wearer to root and grow through adversity.
- A small intention plant where you are able to write an intention or aspiration on the seed paper, plant it, and watch your intention grow along with you.
- A handmade candle made with love in honor of Kyle Zdep by his mother. Light this candle to keep the light inside you alive.
- Some hygiene products you may need.

The outside of the box was handcrafted and designed. It can be used as a “Growth” box. You can write your goals for areas you would like to grow or out areas you’ve yourself grow in and place them inside the box each night. This act sets the intention and awareness of growth and change for your ultimate transformation. Set mile markers to sit and read through what you’ve placed in the box to see how far you’ve come.

**Keep growing!**

**You did not come this far just to come this far.**

