



**ARE YOU A
PREGNANT OR
PARENTING
MOTHER WHO
IS STRUGGLING
TO STOP USING
SUBSTANCES?**



We want you to know you are not alone and you are not to blame. Substance use disorder is a disease, not a moral shortcoming. We know you are tough as a mother, but there is no need to go on this journey alone. Get the treatment you deserve, so that you can be healthy, well, and the strongest mom possible.



Family Care Plans are helping mothers and providers work together towards recovery. Find a treatment provider in your area today, so you can be the best mom possible. Scan this QR code to learn more.



OKIMREADY.org/TAAM