



**ASK US ABOUT BEGINNING YOUR  
FAMILY CARE PLAN TODAY.**

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



Being a mom is tough – we're here to help. Putting yourself and your needs first is the most important step in not only working toward recovery but also strengthening your family. While receiving treatment we can assist you with creating a Family Care Plan. The Family Care Plan is a way for you to advocate for yourself, your unborn child, or your children. The goal of the Family Care Plan is to strengthen the family, help you have a healthy pregnancy, and keep children safely at home. And the best part is that you are in charge of leading the process.



[OKIMREADY.org/TAAM](https://OKIMREADY.org/TAAM)