



## **See Your Selfie (in Recovery)**

This year, as part of Recover Day across Canada, we are introducing the **See Your Selfie (in Recovery)** campaign to stimulate all those who are celebrating, in one way or another, the experience of being in recovery. These pictures will help to capture any moment that's special to you and share it with others.

We are asking all those who wish to – to take a selfie picture of how you are celebrating your recovery. Whether it is at a Recovery Day event, at home, out with others or at any time where you feel that this is a moment you want to share.

We will post your picture on our Faces and Voices of Recovery Website ([www.facesandvoicesofrecovery.ca](http://www.facesandvoicesofrecovery.ca)) in a special gallery that all can see to find encouragement, empowerment and fellowship.

It's as simple as this:

1. Take a selfie picture or have someone take a picture of you.
2. Store the picture on your camera or have someone send you an electronic copy.
3. Email or text the picture, along with any words you might like to go with it (e.g. a caption or phrase), to [www.facesandvoicesofrecovery.ca](http://www.facesandvoicesofrecovery.ca). Include your name if you like. Or you can just send the pic.
4. Visit our gallery at our site to see yourself and all those who are sharing their moment.

By doing so, you will not only help celebrate a special moment in Recovery for you but also help to share in the celebrations for everyone in Recovery.