



Recovery takes **acceptance.** Learning to accept is healing.

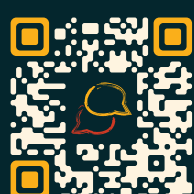
Valarie Ogle | Valarie (left) and her friend Selina Ramirez are members of the Port Gamble S'Klallam Tribe.

Stigma tells stories that harm us.
We are telling stories that heal.

The way we talk about treatment tells a story that others take to heart. All it takes to change a story is one word.

For Valarie and Selina, the word is **acceptance.**

As they both live in recovery, they believe that self-acceptance and acceptance by others allows for healing and progress.



FOR OUR LIVES

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