

# GET INVOLVED: SUPPORT RECOVERY IN YOUR COMMUNITY



IOWA COLLEGIATE  
RECOVERY NETWORK

## Take Action on Public Policies

- Share your story with decision-makers.
- Advocate for recovery resources and improvements.
- Stay informed your voice matters.

TAKE ACTION



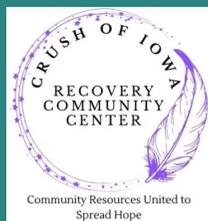
## Volunteer

- Build relationships and give back.
- Improve your own well-being.
- Open doors to new opportunities.

LEARN MORE



## Where can you volunteer?



## Building Resources Toolkit

- Speak with compassion
- Share your story to normalize recovery.
- Promote self-worth to build resilience.

GET  
INFORMED



## Building Resources Toolkit

- Advocacy Toolkits
- Recovery Voices Count Toolkit
- Family to Family Resource Guide
- Collegiate Recovery Guides
- Assessment & Language Guides

GET THE  
TOOLKITS

