

COLLEGIATE RECOVERY

YOU BELONG HERE



IOWA COLLEGIATE RECOVERY NETWORK

Step 1: Show up

Take the first step, no judgment, no pressure.

Whether it's attending a support group, meeting a recovery coach, or reaching out for the first time, "showing up" is about saying yes to yourself.

Step 2: Connect

Meet others who understand what you're going through.

Recovery flourishes in a network of relationships that offer empathy, accountability, and hope.

Step 3: Grow

Learn new strategies, build confidence, and celebrate progress.

Developing life skills, emotional resilience, and academic confidence while navigating challenges and setting new goals.

Step 4: Thrive

Recovery is more than surviving, it's building the life you want.

Thriving includes not only recovery from substance use, but actively pursuing academic, professional, and personal dreams