

COURAGE IS ASKING FOR SUPPORT.

INTRODUCING OUR WEEKLY ONLINE SUPPORT GROUP!

Tougher together

A COMMUNITY OF RECOVERING MOMS

POWERED BY TOUGH AS A MOTHER AND HARDBEAUTY

JOIN US ON MONDAYS AT 6:30 PM MT STARTING ON MAY 1ST

Introducing Tougher Together - a weekly online support group for moms on a recovery journey, led by recovery coaches who are also moms in recovery. Join us to meet other moms like you, share your triumphs and challenges in both motherhood and recovery. Come weekly, or drop in as needed - we are here for you because you are one tough mother.

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Join Us!

**Weekly on
MONDAYS
6:30 pm MT
Starting May 1st**

Zoom link:

<https://hardbeauty-life.zoom.us/j/82193848606>



MEET THE COACH

Racquel

Meet **Racquel**, owner of HardBeauty and your first of many coaches for the Tougher Together weekly online support group. Anyone who has ever met Racquel will tell you that her enthusiasm and passion is contagious.

"After my best-friend Shana died of an overdose in my arms, I gave up and life spiraled even more out of control. Recovery has given me the opportunity to create the life of my dreams, and become the woman, mother, wife, daughter, sister, friend and community leader I always wanted to be. Recovery has made the impossible totally possible. Don't stop, keep going."

- Racquel

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Tougher Together is brought to you by **Tough as a Mother** and **HardBeauty**. Tough as a Mother is a public awareness campaign working to humanize and destigmatize the struggle of substance misuse, while connecting pregnant and parenting moms to treatment and recovery supports in their communities.

HardBeauty envisions a world in which all people heal. Their mission is to empower people to rise and thrive beyond their circumstances. They serve those in challenging situations using a just, equitable, inclusive, trauma-informed and healing-centered approach. Their purpose is to bring hope, healing and guided direction.