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The Caterpillar is born.
Cocoon:
A place of struggle, challenge, and growing to move beyond homes, relationships, and environments that hold us back.
Over the next several pages, you will find wings and pictures to cut out. Place the pictures on the wings to build wings for flying in Recovery.

Building Wings to Fly
Cut and paste on your wings, pictures of foods that support your recovery:
Cut and paste on your wings, pictures of activities that support your recovery:
Cut and paste on your wings, pictures of job activities that support your recovery:
Cut and paste in the background of your wings challenges to flying in recovery:
Destination

First Flight
Value the struggle that you have on your journey. My friend Charles B. Willis says that if you are to cut a cocoon open to free a butterfly too soon that the butterfly will never be able to fly. Charles is full of stories from his journey. Our struggle is the ground on which we build wings to fly.

This workbook is dedicated to three talented and important artist whose journeys represent the great legacy of recovery and hope-

Lois Curtis
Nathaniel Ayers
Jerome Lawrence