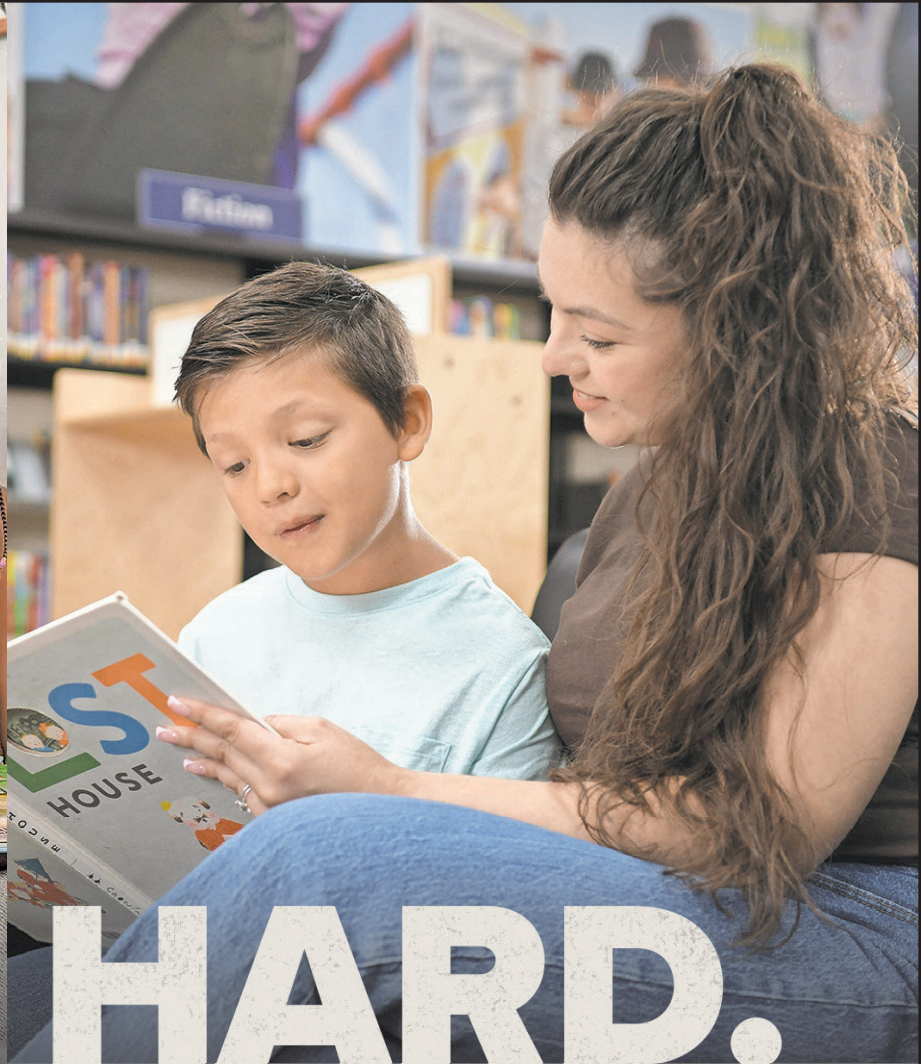




THIS IS HARD.

BEING A MOM IS TOUGH— BUT SO ARE YOU.

If you're using alcohol or drugs to cope with stress, you're not alone. Support is available so you can be the strongest mom possible.

Addiction is a disease—not a weakness—and it takes courage to ask for help.

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