View in Web Browser



from the desk of



Welcome to Giving Voice to Recovery. It's been a while since we've seen each other! I've been whipping up a storm of creativity and thought I would share it with you. Who knew that being cooped up for a year would actually get me to settle down long enough to get a few of these long on my "to-do" list projects done!

I hope you are staying safe and sane during these challenging times. As always, I would love to hear from you!

Enjoy!

Elizabeth





Story Behind the Song

I have been writing songs since I was twelve years old. People often ask me where I get my ideas. Every song is different, some come to me easily and others take years. Either way, I labor over the lyric until I know it's absolutely right.

The Story Behind the Song is my way of celebrating those lyrics and sharing the backstory.

This month I am celebrating my song Clean. I've included a lyric video so you can sing along. Enjoy and share!

Click Here - Story Behind the Song

Click Here - More about my music

My Podcast

As a person in long term recovery from substance use disorder (SUD), I want to use my voice to shed light on recovery. I created <u>Just Sayin'</u>, a series of short podcasts focused on recovery concepts. My goal is to point people in a helpful direction.

Additionally, I'm <u>launching a series of interviews</u> with others who are using their voice to help, educate and inspire recovery. Check out my interview with <u>Recovery Coach David Malow</u>

You can listen on either my podcast channel or Giving Voice to Recovery Youtube Channel.

Click Here - Youtube Channel
ClickHere - Podcast





Advocacy in Action

I have spent more than three decades blessed by a community of recovered people. I know for a fact that people can and do recover from substance use disorder and go on to live happy, healthy and productive lives. I also know that it's not always easy and it is difficult to do alone. I invite you to join me on my advocacy journey.

Check out the <u>Art 4 Advocacy Online</u>

<u>Event</u> coming up at on April 28th. I
hope you will join me!

Click Here to Learn More

Workshops

Years ago my friend Terryl and I did a workshop at a Woman's Retreat and we've been hooked on creating and giving workshops ever since. She and I share a passion for Personal Growth and Emotional Sobriety.

So if you need a little help getting back on track or it's just time to make some changes I hope you will check out <u>Vision Call</u>. Vision Call is goal setting with a powerful and effective twist! Take a <u>Quick Survey</u> to see if this might be a good fit for you

Click Here - Quick Survey

Click Here - Vision Call Workshop

Click Here - More Workshops

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