

HOW TO GET INVOLVED WITH THE CAMPAIGN



CAMPAIGN OVERVIEW

Tough as a Mother is a public awareness campaign working to decrease stigma around maternal substance use disorder, educate providers and connect pregnant and parenting mothers to treatment and recovery supports in their communities. The campaign relies on partners like you to share our resources.

GETTING INVOLVED

SOCIAL MEDIA

Follow us on social media and encourage moms to do the same. Our content is directed to moms in sharing resources, tips and providing an online community of support.



NEWSLETTER

Subscribe to our newsletter, *The Mother Lode*, to learn about maternal SUD resources and providers across Colorado. Sign up at www.toughasamother.org/newsletter/.

STORYTELLING

One of the most powerful tools of the campaign is storytelling. Help us tell these important stories.

Visit our website and listen to the motivating stories of moms in recovery.

Recover Out Loud

Help us humanize and destigmatize the struggle of addiction by recording your story with the ease of your smartphone. Scan the QR codes below to sign up and get started.

Community Resources

Are you a community partner with valuable resources for pregnant and parenting families? Let parents “meet” your organization. It’s easy! Scan the QR codes below and share your services with moms.

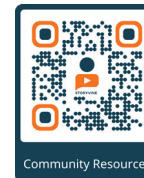
<p>Stella Centennial "I value myself in a way that I would have never dreamt about."</p>	<p>Glory Peyton "My journey led me to having peace, family stability and security."</p>	<p>Shannon Denver "My kids became my biggest fans. They saw me wanting to live."</p>
<p>Brandy Aurora "Treatment helped make me strong and gave me hope... and strength."</p>	<p>Dominique Colorado Springs "People can and do recover. They recover every day."</p>	<p>Lawren Greenwood Village "Life has become so much more of a gift."</p>



ENGLISH



SPANISH



ENGLISH



SPANISH

OUTREACH MADE EASY

Not everyone has a marketing department. Take advantage our strategically curated materials to more effectively outreach pregnant and parenting moms who may be struggling in your community. Access a variety of social media toolkits and campaign marketing materials at www.toughasamother.org.

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EVENTS, EDUCATION & PARTNERSHIPS

We are always looking for ways to expand our network, add value and partner on meaningful work. Have an idea of how we can work together? Email us at outreach@toughasamother.org.