My Recovery Journey as a Latina

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FAMILY STORY

DYSFUNCTIONAL FAMILY SURVIVOR
Nuyorican
[noo-yaw-ree-kuhn]
A Puerto Rican living in New York

Equo Place - wwwxamaraaakanaado.com
1. Stigma
2. Fear of losing Children
3. Lack of Partner/Family Members Support
4. Inability to provide for family
5. Lack of Positive Role Models
In order to recover, I needed women.
Accept no one's definition of your life. Define it yourself.
I am

BEAUTIFULLY BROKEN

and

Perfectly Imperfect

www.lifeswritenow.com
Thriving and Surviving

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." - Maya Angelou