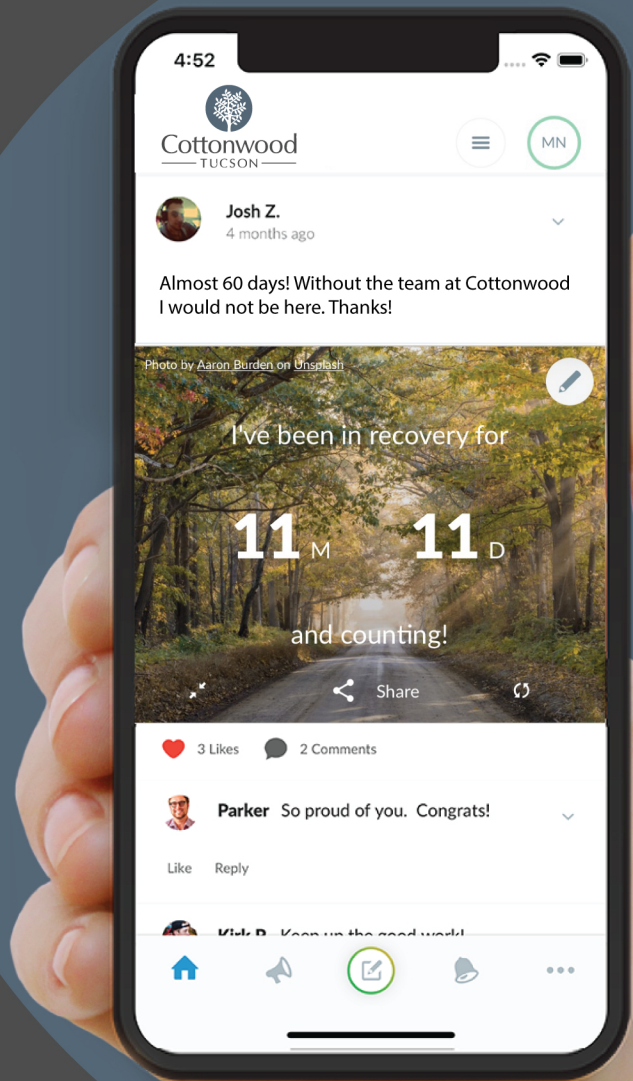


We're all in this *together.*

Join alumni and staff
on Cottonwood
Tucson's app.

Text "CTAZ" to 555888
to get the app today.

- Track your recovery progress
- Keep a gratitude journal
- Join wellness challenges
- Read articles, listen to podcasts, watch videos
- Get help from recovery experts



How to get involved:

1. Download the app
(works on Android and iOS devices).
2. Create an account.
3. Introduce yourself to the community.
4. Give support. Get support.

