



Franklin County Recovery Center

Ingalls Center
144 High Street, 1st Floor, Farmington, ME 04938
207-778-1015 (call/text)
FranklinCountyRecoveryCenter@gmail.com

OPEN MONDAYS
STARTING JANUARY 5, 2026!



FRANKLIN COUNTY RECOVERY CENTER

Mondays: 1-6pm
Tuesdays: 11am-4pm
Thursdays: 11am-4pm

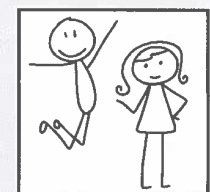
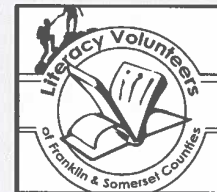
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info@FranklinRecovery.org
www.FranklinRecovery.org



Recovery Comics

2025
IN WORDS
AND PICTURES

Literacy Volunteers
+
Franklin County Recovery Center
+
You





We offer free, confidential adult tutoring in reading, writing, math, and technology

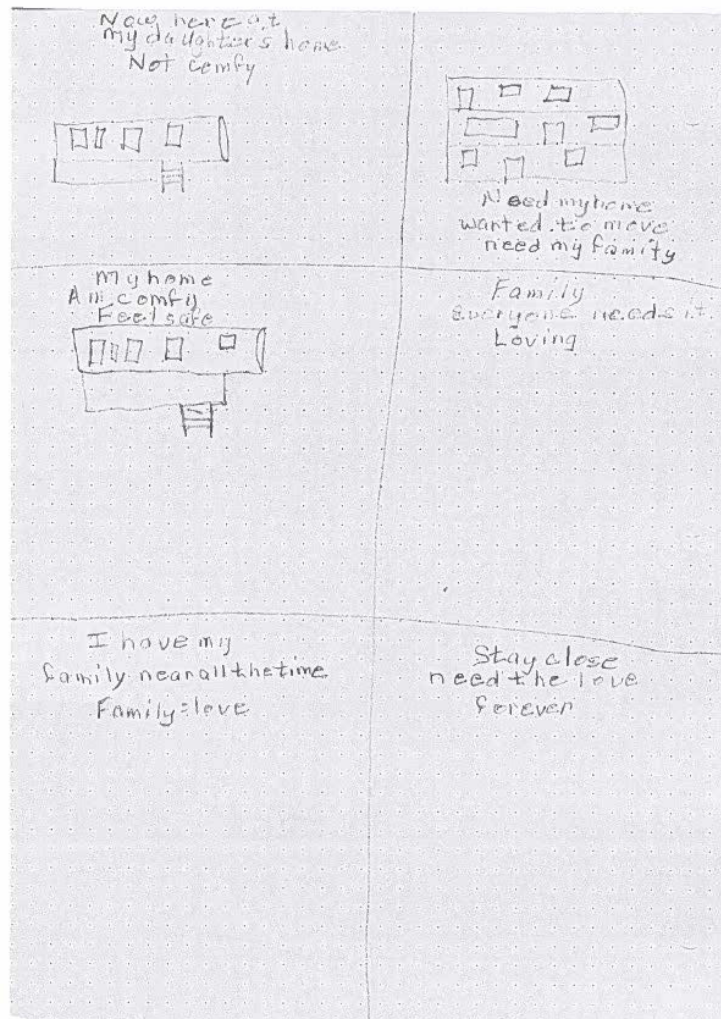


Virtual or in-person individual tutoring,
classes, book groups, writing workshops,
and tutor training schedules:

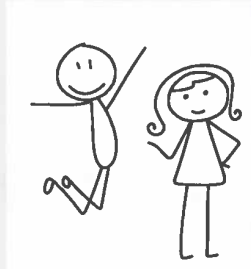
Call or text: 207-500-3131

Email: literacyvolunteers@gmail.com

westernmaineliteracy.org
Like us on Facebook!



Recovery Comics: Zine Team



Thursdays
2-3pm

Literacy Volunteers
+
Franklin County Recovery Center
+
You

Franklin County Recovery Center
144 High St, Farmington



In Recovery Comics we look at art and writing that other people have made about things that are important to us, like Harm Reduction and Big Feelings. We talk about the art and writing and our personal experiences. We make our own art and writing and share our work with the community in zines*.

For more information or to register for Recovery Comics:
call or text 207-500-3131/
literacyvolunteersfs@gmail.com

Check out our zines!



*it's ok if you don't want to talk or draw, you can watch and listen,
we'd love to have you
a zine is a small batch self-published booklet, often photocopied

YOU ARE INVITED to reflect on the past, present and future as 2025 comes to a close

- JOIN US for RECOVERY COMICS, Thursdays 2-3, in-person or on Zoom

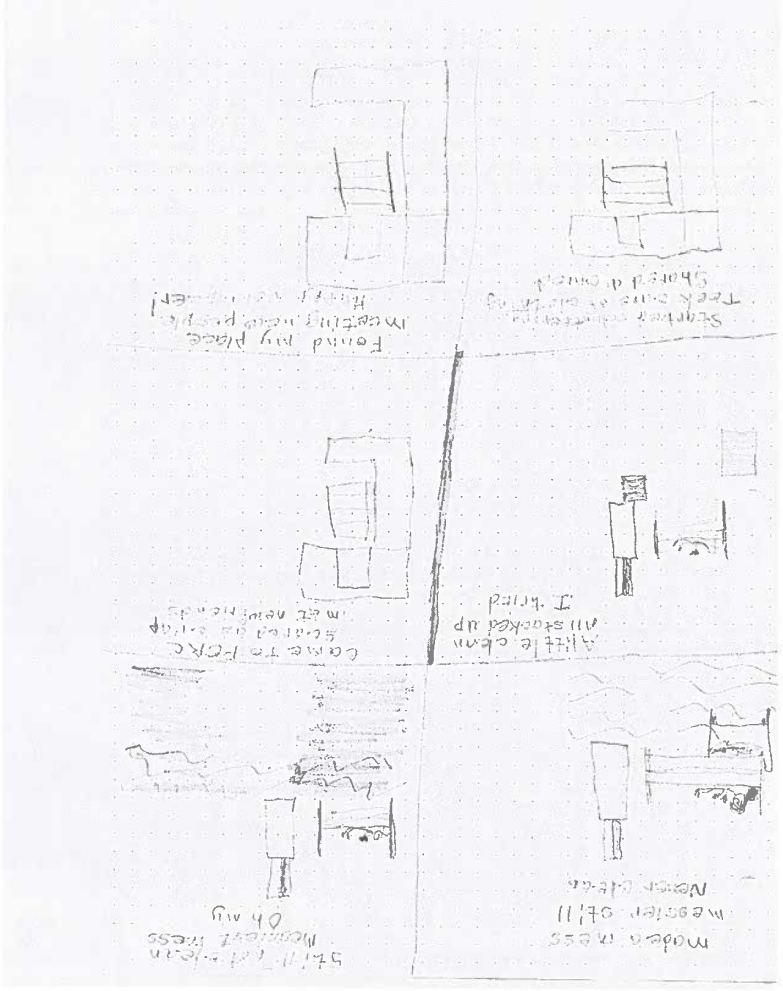
- Do these exercise by yourself at home
- Do these exercises with friends, family, co-workers, committee and board members to collectively reflect on the past, present, and future of your community, family, organization

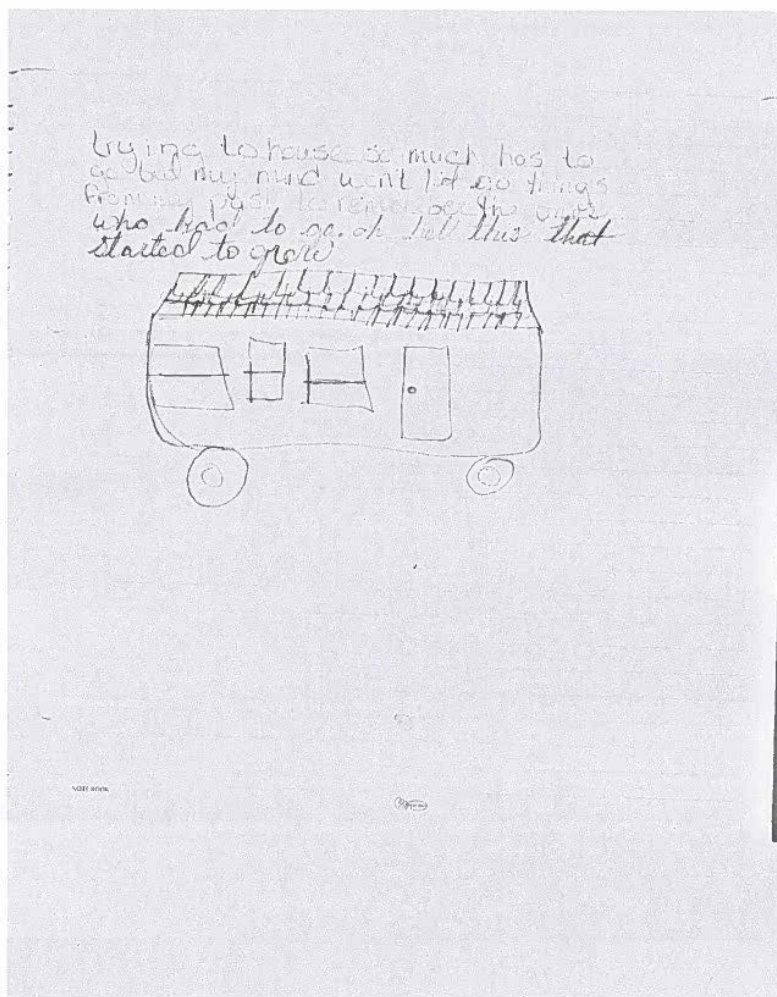
START HERE:

- Divide a piece of paper into three columns labelled 2024, 2025, and 2026
- Spend ten minutes listing things that happened in 2024 & 2025, and what 2026 might bring
- It's OK to jot down words and phrases, you don't need to use complete sentences
- You can fill out each list all the way across, with a 2024 event, how it evolved in 2025, and what might happen in 2026- or you can list things in each column as you think of them

USE the ideas from your lists to complete one or all of the following exercises. In Recovery Comics no experience is necessary and all forms of expression are welcome. We want to see art from your hands and read words from your heart!

ALWAYS FEEL FREE TO DO SOMETHING COMPLETELY DIFFERENT!





#1 Write and illustrate a haiku

First line- something from your 2024 list

Second line- something from your 2025 list

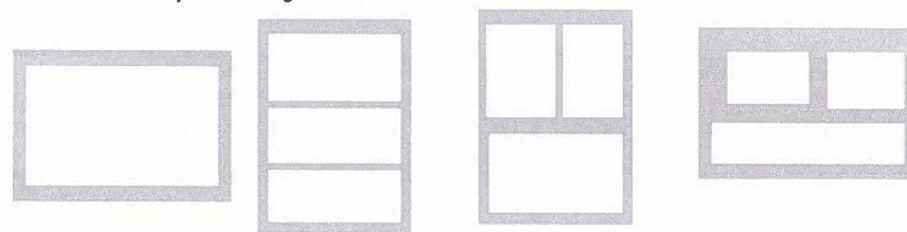
Third line- something from your 2026 list

Use the traditional 5-7-5 syllable structure (or not)

Illustrate your haiku

#2 Draw a comic using ideas from your list

Possible panel layouts:



#3 Share your lists

- Share what you wrote about one event in the 2024, 2025, and 2026 columns
- Share your 2025 list
- Share the most important thing you wrote in each column

#4 Draw and or write about one or all of the following:

- Something from your list you let go of, or want to let go of
- Something from your list you want to keep in your life
- Something from your list you are looking forward to

ALWAYS FEEL FREE TO DO SOMETHING COMPLETELY DIFFERENT!

NEVER
GIVE
UP

So nice
So proud of you
~appy



Proud
come along way
need hug



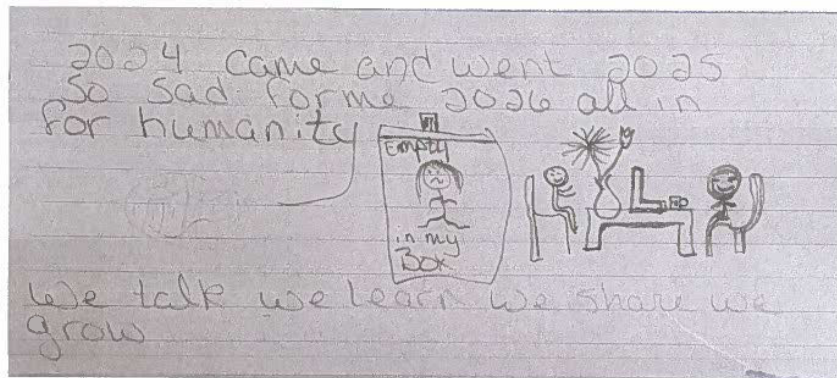
New Job
helping people
Smiling



THE NEW BLACK CAT
LOOKS LIKE THE OLD ONE
SHE IS A CONSTANT SURPRISE



No time to be kind
Too busy, busy, busy
Who made me queen of the world?

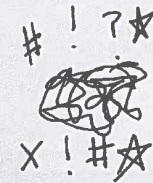


LET GO

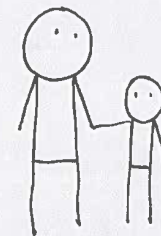
YELLING



SWEARING



KEEP

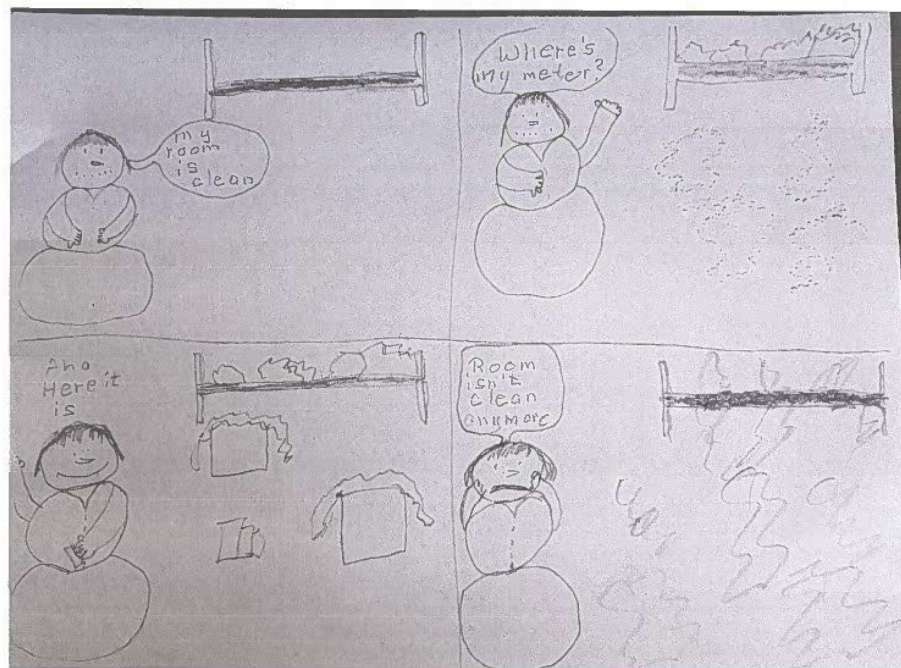


MY SON



YOU'VE
GOT
THIS!

START
ENJOYING
LIFE
♡ ♡ ♡



Let go
of
2025!

the old
and
new
beginning

Stay
close
to
Family
Friends
Embrace
the
New
Year
2026

Help
Me