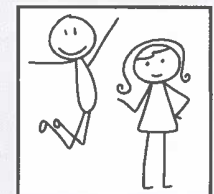
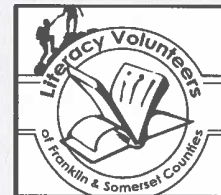


Recovery Comics

🤖 2025 ❤️ 🎨
IN 🐦 🍴 🍷 🍇
🦈 WORDS
🚦 AND 🦶 🤬
PICTURES

Literacy Volunteers
+
Franklin County Recovery Center
+
You



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

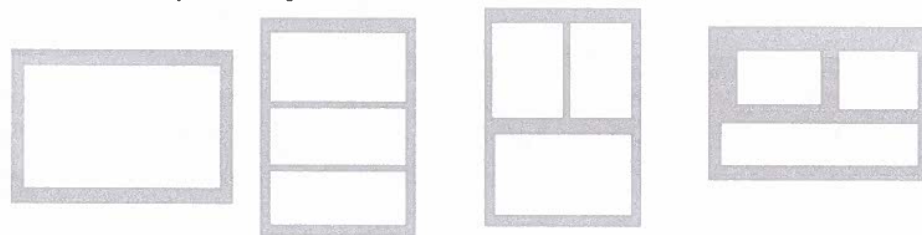
Third line- something from your 2026 list

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

LET GO

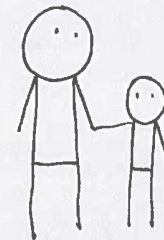
YELLING



SWEARING

! ? *
~~scribble~~
X ! # *

KEEP



MY SON

START

ENJOYING
LIFE



YOU'VE
GOT
THIS!

Let go
of
2025!

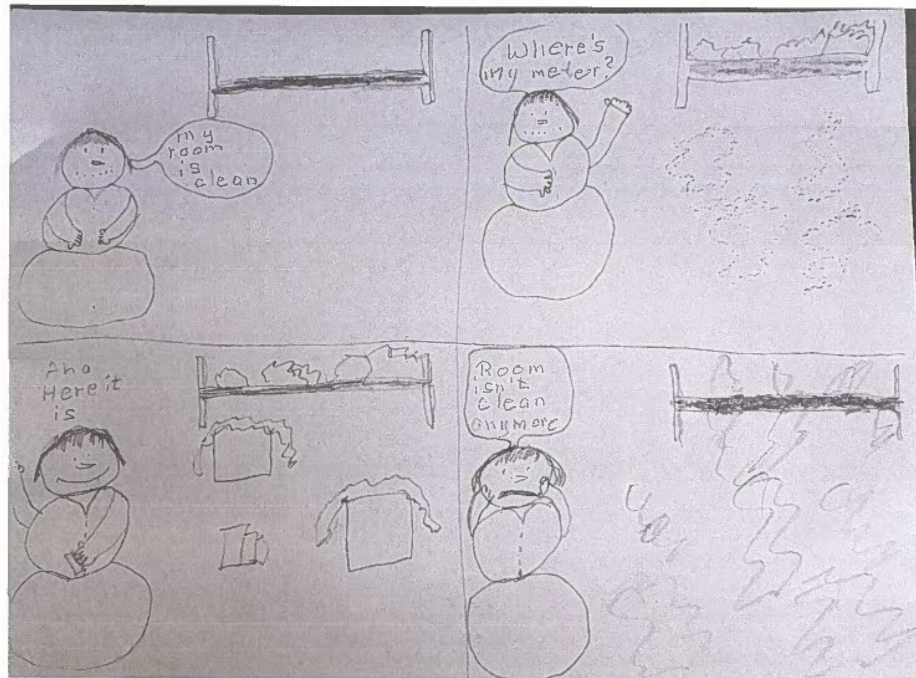
Stay
close
to
Family
+
Friends



Embrace
the
New
Year
2026

Help
Me!

the old
and
and
new
beginning



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?



Proud
come along way
Need hug

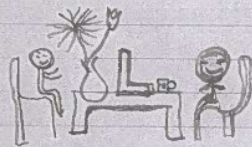
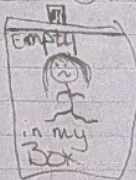


New job
helping people
Smiling



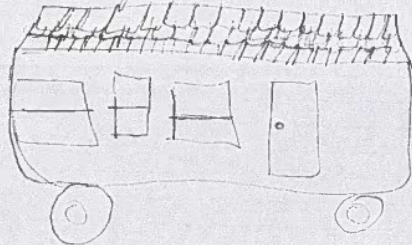
So nice
So proud of you
- appy

2024 came and went 2025
So sad for me 2026 all in
for humanity



We talk we learn we share we
grow

trying to house so much has to
go but my mind won't let go things
from my past. to remember the one
who had to go. oh hell this that
started to grow



made a mess
messier still
Never clean



still not clean
Messiest mess
Oh my



A little clean
all stacked up
I tried



Came to FRC
Scared as crap
met new friends



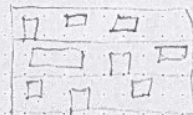
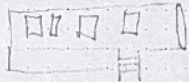
Starting to clean
Took care of clothing
Shared around



Found my place
Meeting new people
Happy volunteer!

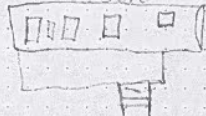


Now here at
my daughter's home.
Not comfy



Need my home
wanted to move
need my family

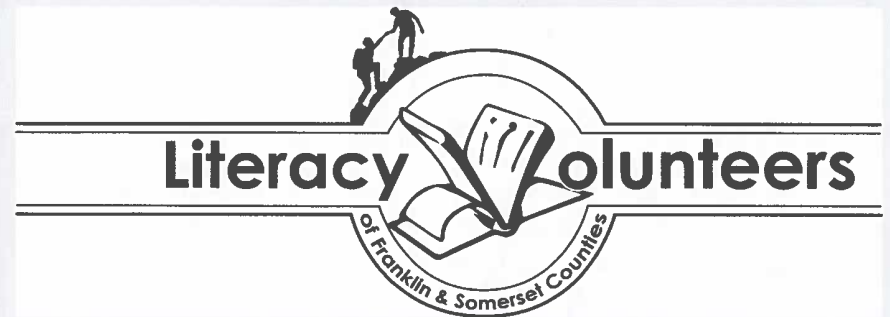
My home
Am comfy
Feels safe



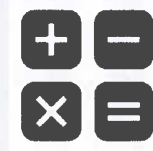
Family
everyone needs it.
Loving

I have my
family near all the time.
Family = love

Stay close
need the love
Forever



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: literacyvolunteersfs@gmail.com

westernmaineliteracy.org
Like us on Facebook!



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

Ingalls Center
144 High St, 1st Floor
Farmington, ME
207-778-1015 (call/text)
info@FranklinRecovery.org
www.FranklinRecovery.org

Franklin County
RECOVERY CENTER
RECOVERY happens here