

The Journey to Recovery

Addiction recovery requires commitment and the support of many.
Here's how to get help and stay on the path to recovery.

Recovery from a substance use problem is a journey taken day by day. It's a path made even harder when walked alone.

Whether you're beginning or continuing addiction recovery, there are people and programs available to help guide and support you. Join us during Recovery Month for a **Pathways to Recovery** event, presented in partnership with the Allegheny County Health Department and Mon Yough Community Services. We'll connect you and those who love you to essential tools and resources focused on addiction recovery — right in our community.

Program Highlights

- Details on local resources from experienced recovery peer specialists
- Personal recovery testimonials
- Support program information for families affected by substance use
- Naloxone education, demonstration, and training
- Free Naloxone kits* provided by the Allegheny County Health Department
* limited supply

All programs are free and open to the public. No appointment is needed.

Wednesday, Sept. 11 • 5:30 to 7:30 p.m.

UPMC St. Margaret
Conference Centers A, B, and C
815 Freeport Road
Pittsburgh, PA 15215

Tuesday, Sept. 17 • 5:30 to 7:30 p.m.

UPMC Shadyside
West Wing Concourse
5230 Centre Ave.
Pittsburgh, PA 15232

Wednesday, Sept. 18 • 5:30 to 7:30 p.m.

UPMC McKeesport
The Usman Ahmad, MD, Memorial Conference Center
Mansfield Building, First Floor
1500 Fifth Ave.
McKeesport, PA 15132

Thursday, Sept. 26 • 5:30 to 7:30 p.m.

UPMC East
Conference Center A, B, and C, Ground Level
2775 Mossdale Blvd.
Monroeville, PA 15146