

8 NIGHTS OF HANUKKAH GRATITUDE



SHAMASH

I'm grateful for the people and organizations in my community bringing light to these topics and working to eradicate the shame and stigma around mental health and substance abuse in our community.

Hanukkah is the beloved festival of light. The Hanukkah story, and especially the menorah lights, are particularly relevant to those in recovery from mental illness or addiction. Hanukkah in essence, can be described as the triumph of spiritual light and lasting truth over darkness, emptiness, and falsehood. *Written by Richard Zwolinski, LMHC, CASAC & C.R.*

This Hanukkah, stop and think about 8 of your miracles. Write them down and reflect.

NIGHT # 1

NIGHT # 2

NIGHT # 3

NIGHT # 4

NIGHT # 5

NIGHT # 6

NIGHT # 7

NIGHT # 8



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