
A YEAR OF GRATITUDE

Make It Meaningful

The Media Kit includes ready-to-share graphics for Ashley Addiction Treatment. Choose the message that fits your reason for participating, then post it from your own social media account.

Choose Your Graphic

- **I am grateful that recovery gave me...** Share what recovery has made possible in your life, the opportunities it has opened up, or the moments you're most thankful for.
- **I am grateful for who supported me in recovery...** Recognize the people who have encouraged you along the way and share who or what inspires you to take part in Ashley's Year of Gratitude campaign.
- **Campaign graphics.** Share the campaign message or invite your audience to learn more and participate.

GET THE GRAPHICS

Download the completed square graphic for a feed post or the vertical graphic for Instagram and Facebook Stories.

[ACCESS THE CAMPAIGN GRAPHICS](#)

Share It On Social Media

1. **Download the graphic.** Select the finished square or Story version from the campaign graphics folder.
2. **Post it.** Share it from the social media account you prefer.
3. **Tag Ashley.** Tag Ashley Addiction Treatment in the post or caption.

OPTIONAL CAPTION

As part of Ashley's Year of Gratitude, I'm participating because [share why you're participating or what you're grateful for]. Join me in making gratitude a daily practice and celebrating the people who make recovery possible!