

In an effort to reduce addiction stigma, we launched in 2019 to make recovery from addiction visible. Because reducing stigma takes awareness, education and information, we provide that with our hope-filled, inspiring, solution oriented content in print, on-line and from the stage.

From inspiring personal stories, accessible mutual-aid programs and community resources along with informative articles on wellbeing we amplify hope - where people eat, live, work and shop.

Intent on bringing the message to our communities, we meet people where they're at by distributing at least 15,000 copies 6x a year. From the grocery stores, to thousands of businesses, our recovery communities help us get the magazine out and about statewide.

Our Core Values Are:

- **Inclusivity** - We respect and value all humans and recovery paths.
- **Optimism** - We have a genuine positive outlook on life.
- **Transformation** - We believe change is possible.

Our Readers & Circulation:

Journey is for adults who are either seeking or are in recovery, affected others (friends and families) and recovery allies, organizations and businesses that support recovery efforts.

Because we want our readers to feel hopeful, empowered and connected, our tone is **accessible, relatable** and **compassionate**. Personal and community recovery stories are inspirational and aspirational, and our voice, our personality, is **hopeful, positive** and **inspiring**.

Editorial Content:

We focus on several key areas:

- *Personal recovery stories:* individuals, personal recovery milestones, lessons, etc.
- *Recovery mutual-aid programs:* community-based, mutual-aid groups
- *Well-being articles:* financial, spirituality, nutrition, brain science, physical, prevention
- *Resources:* book reviews, local/nationwide help organizations, retreats

Expectations:

Articles need to be under 750 words and emailed to carolyn@journey-magazine.com with EDITORIAL SUBMISSION in the subject line.

Our editorial calendar represents a general theme for the issue:

- Feb/March **Purpose** - spirituality, volunteerism, service work
- April/May **Health** - physical, mental & emotional well-being
- June/July **Relationships** - self, family, friends, co-workers
- August/September **Community** - social well-being
- October/November **Security** - financial wellness
- December/January **Environment** - home, nature and our space