



Lub Chaw Pab Rov Zoo Tom Qaab Cua Daj Cua Dub Huv Fox Valley

Ib qho chaw lug nrhav kev paab, muab kev paab, hab sib qha cov peev txehrej rov zoo.

FoxValleyRecovery.org



Xaav Tau Kev Paab?

Sau ib daim kev thov.

Khoom noj • Chaw nyob •
Kev tu kuas huv • Kev thauj •
Kev paab nyaj txiag



Kuv Paab Tau

Sau kom meej yaam kws
koj muab tau.

Khoom siv • Kev paabcuam •
Cuab yeej • Kev paab dawb •
Hauj lwm them nyaj



Paub Ib Qho Peev Txheej Rov Zoo?

Qha rua zej zog.

Txhab zaub mov • Chaw txais
khoom pub dawb • Kev paab
nyaj grant • Chaw them hluav
taws xob • Kev paab huv zos

Pib Tau Yooj Yim

1

Xaiv koj txuj kev



2

Saib lossis sau



3

Txuas ncaj qha



4

Tswj lug ntawm email

Yeem xwb: Tau txais lus qha huv email thaum muaj ib qho kws tej zaum phim raug tso tawm.



Txhua Daim Ntawv Tso Tawm Tshiab Pab Tau.

Txhua daim kev thov, txhua daim kev paab,
hab txhua yaam peev txehrej rov zoo ua
rua lub Hub muaj nqes dua rua sawv daws.

SIV TAU DAWB • TSI TAS MUAJ ACCOUNT



Scan moog saib FoxValleyRecovery.org

Lossis moog saib FoxValleyRecovery.org
huv koj lub browser.

*Nrhav Kev Paab. Muab Kev Paab.
Rov Zoo Ua Ke.*



XAV QHA DAIM FLYER NO?

Scan ntawm no kuam rub tau daim nuav
rua koj lub lag luam lossis koom haum.

Ua tsaug rua koj kev sib qha!

