```html
<!doctype html>

<html lang="en">
<head>
  <meta charset="utf-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1" />
  <title>Moms4Recovery — Completed Code Bundle</title>
  <style>
    body { font-family: system-ui, -apple-system, Segoe UI, Roboto, "Helvetica Neue", Arial; margin: 20px; background:#f7f7f8; color:#111 }
    header { margin-bottom: 20px }
    h1 { font-size: 20px }
    h2 { font-size: 16px; margin-top: 24px }
    pre { background: #0f1720; color: #e6eef3; padding: 12px; border-radius: 6px; overflow:auto; max-height:480px }
```

```
    code { font-family: "SFMono-Regular",
Menlo, Monaco, Consolas, "Liberation
Mono", monospace; font-size:13px }
    nav { background:#fff; padding:12px;
border-radius:8px; margin-bottom:18px }
    a.anchor { text-decoration:none;
color:#2563eb }
    .filename { color:#0b1220; font-
weight:600; margin-bottom:6px }
  </style>
</head>
<body>
  <header>
    <h1>Moms4Recovery — Completed
code (copy-paste ready)</h1>
    <p>This single HTML file contains all
corrected project files. Each file is shown
in a code block — copy the contents into
your project files exactly as shown.</p>
  </header>  <nav>
    <strong>Files included:</strong>
```

```html
<ul>
    <li><a class="anchor"
href="#settings_gradle">settings.gradle</a></li>
    <li><a class="anchor"
href="#app_build_gradle">app/build.gradle</a></li>
    <li><a class="anchor"
href="#android_manifest">app/src/main/
AndroidManifest.xml</a></li>
    <li><a class="anchor"
href="#strings_xml">res/values/strings.xml</a></li>
    <li><a class="anchor"
href="#colors_xml">res/values/colors.xml</a></li>
    <li><a class="anchor"
href="#styles_xml">res/values/styles.xml</a></li>
    <li><a class="anchor"
href="#bottom_nav_menu">res/menu/
```

bottom_nav_menu.xml
    <a class="anchor"
href="#activity_main">res/layout/activity_
main.xml
    <a class="anchor"
href="#fragment_home">res/layout/frag
ment_home.xml
    <a class="anchor"
href="#fragment_clinics">res/layout/frag
ment_clinics.xml
    <a class="anchor"
href="#fragment_tips">res/layout/fragme
nt_tips.xml
    <a class="anchor"
href="#fragment_encouragement">res/la
yout/fragment_encouragement.xml</
/li>
    <a class="anchor"
href="#ic_heart_hands">res/drawable/ic_
heart_hands.xml
    <a class="anchor"

```html
href="#mainactivity_java">src/main/java/
com/moms4recovery/MainActivity.java</
a></li>
     <li><a class="anchor"
href="#homefragment_java">src/main/ja
va/com/moms4recovery/HomeFragment.
java</a></li>
     <li><a class="anchor"
href="#clinicsfragment_java">src/main/ja
va/com/moms4recovery/ClinicsFragment
.java</a></li>
     <li><a class="anchor"
href="#tipsfragment_java">src/main/java/
com/moms4recovery/TipsFragment.java
</a></li>
     <li><a class="anchor"
href="#encouragementfragment_java">sr
c/main/java/com/moms4recovery/Encour
agementFragment.java</a></li>
   </ul>
  </nav>  <section id="settings_gradle">
```

```
    <div
class="filename">settings.gradle</div>
    <pre><code>include
':app'</code></pre>
  </section>  <section
id="app_build_gradle">
    <div
class="filename">app/build.gradle</div>
    <pre><code>plugins {
    id 'com.android.application'
}android { compileSdk 31

defaultConfig {
    applicationId "com.moms4recovery"
    minSdk 21
    targetSdk 31
    versionCode 1
    versionName "1.0"
}

buildTypes {
    release {
```

```
            minifyEnabled false
            proguardFiles
getDefaultProguardFile('proguard-
android-optimize.txt'), 'proguard-
rules.pro'
        }
}


}

dependencies { implementation
'androidx.appcompat:appcompat:1.3.1'
implementation
'com.google.android.material:material:1.
4.0' implementation
'androidx.fragment:fragment:1.3.6'
}</code></pre>

    </section>  <section
id="android_manifest">
```

```
<div class="filename">app/src/main/AndroidManifest.xml</div>
```

```xml
<?xml version="1.0" encoding="utf-8"?>
<manifest xmlns:android="http://schemas.android.com/apk/res/android"
    package="com.moms4recovery"><application
    android:allowBackup="true"
    android:label="@string/app_name"
    android:icon="@drawable/ic_heart_hands"
    android:roundIcon="@drawable/ic_heart_hands"
    android:supportsRtl="true"
    android:theme="@style/Theme.M4R">
    <activity
        android:name=".MainActivity"
```

```
android:exported="true"&gt;
&lt;intent-filter&gt;
    &lt;action
```

```
android:name="android.intent.action.MAIN" /&gt;
        &lt;category android:name="android.intent.category.LAUNCHER" /&gt;
      &lt;/intent-filter&gt;
    &lt;/activity&gt;

  &lt;/application&gt;

&lt;/manifest></code></pre>
```

  </section> <section id="strings_xml">
    <div class="filename">res/values/strings.xml</div>
    <pre><code><?xml version="1.0" encoding="utf-8"?>
<resources>
    <string name="app_name">Moms4Recovery</string>

```
    &lt;string name="home"&gt;Home&lt;/string&gt;
    &lt;string name="clinics"&gt;Clinics&lt;/string&gt;
    &lt;string name="tips"&gt;Tips&lt;/string&gt;
    &lt;string name="encouragement"&gt;Encouragement&lt;/string&gt;
    &lt;string name="call_helpline"&gt;Call Helpline&lt;/string&gt;
    &lt;string name="whatsapp_support"&gt;WhatsApp Support&lt;/string&gt;
    &lt;string name="find_clinics"&gt;Find Nearby Clinics&lt;/string&gt;
&lt;/resources&gt;</code></pre>
  </section>  <section id="colors_xml">
    <div class="filename">res/values/colors.xml</div>
    <pre><code>&lt;?xml version="1.0"
```

```
encoding="utf-8"?&gt;
&lt;resources&gt;
    &lt;color
name="m4r_primary"&gt;#C62828&lt;/col
or&gt;
    &lt;color
name="m4r_primary_dark"&gt;#8E0000
&lt;/color&gt;
    &lt;color
name="m4r_accent"&gt;#FF8A65&lt;/col
or&gt;
    &lt;color
name="m4r_bg"&gt;#FFFFFF&lt;/color&
gt;
&lt;/resources&gt;</code></pre>
  </section>  <section id="styles_xml">
    <div
class="filename">res/values/styles.xml</
div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;resources&gt;
    &lt;style name="Theme.M4R"
```

```
parent="Theme.AppCompat.Light.NoActi
onBar"&gt;
      &lt;item
name="colorPrimary"&gt;@color/m4r_pri
mary&lt;/item&gt;
      &lt;item
name="colorPrimaryDark"&gt;@color/m4
r_primary_dark&lt;/item&gt;
      &lt;item
name="colorAccent"&gt;@color/m4r_acc
ent&lt;/item&gt;
      &lt;item
name="android:windowBackground"&gt;
@color/m4r_bg&lt;/item&gt;
   &lt;/style&gt;
&lt;/resources&gt;</code></pre>
  </section>  <section
id="bottom_nav_menu">
   <div
class="filename">res/menu/bottom_nav_
menu.xml</div>
   <pre><code>&lt;?xml version="1.0"
```

```xml
encoding="utf-8"?>
<menu
xmlns:android="http://schemas.android.com/apk/res/android">
    <item
        android:id="@+id/nav_home"
        android:title="@string/home"

android:icon="@android:drawable/ic_menu_view" />
    <item
        android:id="@+id/nav_clinics"
        android:title="@string/clinics"

android:icon="@android:drawable/ic_menu_mapmode" />
    <item
        android:id="@+id/nav_tips"
        android:title="@string/tips"

android:icon="@android:drawable/ic_menu_info_details" />
    <item
```

android:id="@+id/nav_encouragement"

```
android:title="@string/encouragement"

android:icon="@android:drawable/ic_me
nu_myplaces" /&gt;
&lt;/menu&gt;</code></pre>
  </section>  <section id="activity_main">
    <div
class="filename">res/layout/activity_mai
n.xml</div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;RelativeLayout
xmlns:android="http://schemas.android.c
om/apk/res/android"

xmlns:app="http://schemas.android.com/
apk/res-auto"
    android:layout_width="match_parent"

android:layout_height="match_parent"&g
t;&lt;FrameLayout
    android:id="@+id/fragment_container"
```

```
android:layout_width="match_parent"
android:layout_height="match_parent"
android:layout_above="@id/
```

```
bottom_navigation" /&gt;

&lt;com.google.android.material.bottomn
avigation.BottomNavigationView
    android:id="@+id/bottom_navigation"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"

android:layout_alignParentBottom="true"

app:menu="@menu/bottom_nav_menu"
/&gt;

</RelativeLayout></code></pre>
```

  </section> <section
id="fragment_home">
    <div
class="filename">res/layout/fragment_ho
me.xml</div>
    <pre><code><?xml version="1.0"
encoding="utf-8"?>

```
<LinearLayout
xmlns:android="http://schemas.android.c
om/apk/res/android"
    android:orientation="vertical"
```

```
    android:padding="16dp"
    android:layout_width="match_parent"

android:layout_height="match_parent"&gt;&lt;Button
    android:id="@+id/btn_helpline"
    android:text="@string/call_helpline"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
/&gt;

&lt;Button
    android:id="@+id/btn_whatsapp"

android:text="@string/whatsapp_support"

    android:layout_marginTop="8dp"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
/&gt;

</LinearLayout></code></pre>
```

```
</section>  <section
id="fragment_clinics">
    <div
class="filename">res/layout/fragment_cli
nics.xml</div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;LinearLayout
xmlns:android="http://schemas.android.c
om/apk/res/android"
    android:orientation="vertical"
    android:padding="16dp"
    android:layout_width="match_parent"

android:layout_height="match_parent"&g
t;&lt;Button
    android:id="@+id/btn_map"
    android:text="@string/find_clinics"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
/&gt;
```

```
</LinearLayout></code></pre>

  </section>  <section
id="fragment_tips">
    <div
class="filename">res/layout/fragment_tip
s.xml</div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;ScrollView
xmlns:android="http://schemas.android.c
om/apk/res/android"
    android:layout_width="match_parent"

android:layout_height="match_parent"&g
t;&lt;TextView
    android:id="@+id/txt_tips"
    android:padding="16dp"
    android:text="Parenting tips:\n•
Communicate openly\n• Listen without
judgment\n\nOverdose basics:\n• Stay
calm\n• Call emergency services\n• If
trained, use naloxone"
```

android:layout_width="match_parent"

```
        android:layout_height="wrap_content"
/&gt;

</ScrollView></code></pre>

  </section>  <section
id="fragment_encouragement">
    <div
class="filename">res/layout/fragment_en
couragement.xml</div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;LinearLayout
xmlns:android="http://schemas.android.c
om/apk/res/android"
        android:orientation="vertical"
        android:padding="16dp"
        android:layout_width="match_parent"

android:layout_height="match_parent"&g
t;&lt;TextView
        android:id="@+id/txt_quote"
```

android:textSize="22sp"

```
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
/&gt;

</LinearLayout></code></pre>

  </section>  <section
id="ic_heart_hands">
    <div
class="filename">res/drawable/ic_heart_
hands.xml</div>
    <pre><code>&lt;?xml version="1.0"
encoding="utf-8"?&gt;
&lt;vector
xmlns:android="http://schemas.android.c
om/apk/res/android"
    android:width="108dp"
    android:height="108dp"
    android:viewportWidth="108"
    android:viewportHeight="108"&gt;
    &lt;!-- Hands (simple arcs) --&gt;
    &lt;path
```

android:fillColor="#FFB69E"
android:pathData="M20,70 C32,58

```
40,58 52,70 L52,80 L20,80 Z" /&gt;
  &lt;path
     android:fillColor="#FFB69E"
     android:pathData="M56,70 C68,58
76,58 88,70 L88,80 L56,80 Z" /&gt;
  &lt;!-- Heart (flat, minimal) --&gt;
  &lt;path
     android:fillColor="#E53935"
     android:pathData="M54,68 C40,58
34,44 44,36 C50,32 56,36 54,42 C52,36
58,32 64,36 C74,44 68,58 54,68 Z" /&gt;
&lt;/vector&gt;</code></pre>
  </section>  <section
id="mainactivity_java">
  <div
class="filename">app/src/main/java/com/
moms4recovery/MainActivity.java</div>
  <pre><code>package
com.moms4recovery;import
android.os.Bundle; import
androidx.appcompat.app.AppCompatActi
vi
```

```java
ty; import
com.google.android.material.bottomnavi
gation.BottomNavigationView; import
androidx.fragment.app.Fragment;

public class MainActivity extends
AppCompatActivity { @Override
protected void onCreate(Bundle
savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_main);

BottomNavigationView nav =
findViewById(R.id.bottom_navigation);
    nav.setOnItemSelectedListener(item -
> {
        Fragment f = null;
        int id = item.getItemId();
        if (id == R.id.nav_home) f = new
HomeFragment();
        else if (id == R.id.nav_clinics) f =
new ClinicsFragment();
```

```
else if (id == R.id.nav_tips) f = new
```

```
TipsFragment();
    else if (id ==
R.id.nav_encouragement) f = new
EncouragementFragment();

    if (f != null) {

getSupportFragmentManager().beginTra
nsaction()

.replace(R.id.fragment_container, f)
            .commit();
    }
    return true;
});

// Default tab

getSupportFragmentManager().beginTra
nsaction()
        .replace(R.id.fragment_container,
new HomeFragment())
```

```
        .commit();
}

}</code></pre>

  </section>  <section
id="homefragment_java">
    <div
class="filename">app/src/main/java/com/
moms4recovery/HomeFragment.java</di
v>
    <pre><code>package
com.moms4recovery;import
android.content.Intent; import
android.net.Uri; import
android.os.Bundle; import
android.view.LayoutInflater; import
android.view.View; import
android.view.ViewGroup; import
android.widget.Button;

import androidx.fragment.app.Fragment;
```

```java
public class HomeFragment extends
Fragment { @Override public View
onCreateView(LayoutInflater inflater,
ViewGroup container, Bundle
savedInstanceState) { View v =
inflater.inflate(R.layout.fragment_home,
container, false);

Button helpline =
v.findViewById(R.id.btn_helpline);
    helpline.setOnClickListener(x -> {
        Intent i = new
Intent(Intent.ACTION_DIAL);

i.setData(Uri.parse("tel:0800121314"));
        startActivity(i);
    });

    Button wa =
v.findViewById(R.id.btn_whatsapp);
    wa.setOnClickListener(x -> {
        Intent i = new
```

```
Intent(Intent.ACTION_VIEW);

i.setData(Uri.parse("https://wa.me/27790
910554"));
        startActivity(i);
    });

    return v;
}

}</code></pre>

  </section>  <section
id="clinicsfragment_java">
    <div
class="filename">app/src/main/java/com/
moms4recovery/ClinicsFragment.java</d
iv>
    <pre><code>package
com.moms4recovery;import
android.content.Intent; import
android.net.Uri; import
```

android.os.Bundle; import android.view.LayoutInflater; import

```java
android.view.View; import
android.view.ViewGroup; import
android.widget.Button;

import androidx.fragment.app.Fragment;

public class ClinicsFragment extends
Fragment { @Override public View
onCreateView(LayoutInflater inflater,
ViewGroup container, Bundle
savedInstanceState) { View v =
inflater.inflate(R.layout.fragment_clinics,
container, false);

Button map =
v.findViewById(R.id.btn_map);
    map.setOnClickListener(x -> {
      Intent i = new
Intent(Intent.ACTION_VIEW);

i.setData(Uri.parse("geo:0,0?q=clinics+n
ear+me"));
```

```
        startActivity(i);
    });

    return v;
}

}</code></pre>

  </section>  <section
id="tipsfragment_java">
    <div
class="filename">app/src/main/java/com/
moms4recovery/TipsFragment.java</div
>
    <pre><code>package
com.moms4recovery;import
android.os.Bundle; import
android.view.LayoutInflater; import
android.view.View; import
android.view.ViewGroup;

import androidx.fragment.app.Fragment;
```

```
public class TipsFragment extends
Fragment { @Override public View
onCreateView(LayoutInflater inflater,
ViewGroup container, Bundle
savedInstanceState) { View v =
inflater.inflate(R.layout.fragment_tips,
container, false); return v; }
}</code></pre>

  </section>  <section
id="encouragementfragment_java">
    <div
class="filename">app/src/main/java/com/
moms4recovery/EncouragementFragme
nt.java</div>
    <pre><code>package
com.moms4recovery;import
android.os.Bundle; import
android.view.LayoutInflater; import
android.view.View; import
```

android.view.ViewGroup; import android.widget.TextView;

```java
import androidx.fragment.app.Fragment;

import java.util.Random;

public class EncouragementFragment
extends Fragment { private final String[]
quotes = { "Stay strong.", "You are not
alone.", "One step at a time.", "Progress,
not perfection.", "You're doing your best."
};

@Override
public View onCreateView(LayoutInflater
inflater, ViewGroup container, Bundle
savedInstanceState) {
    View v =
inflater.inflate(R.layout.fragment_encour
agement, container, false);
    TextView q =
v.findViewById(R.id.txt_quote);
    q.setText(quotes[new
```

```
Random().nextInt(quotes.length)]);
    return v;
}
```