



What is Women in Recovery?

We are a community of women in 12-step programs looking to supplement our recoveries through bimonthly speaker meetings and special events. We aim to create a caring community that provides education, spiritual insight, and growth opportunities.

Who attends?

Women in a variety of 12-step programs—AA, NA, Alanon, OA, CoDA. Some of us have been around for years; some of us are new to recovery. We all want to learn, grow, and connect. You don't have to be a Retreat alum to join us! All are welcome!

Why should I attend?

Our events are designed *by* women in recovery *for* women in recovery—we understand the challenges women face. We know it's important to get involved in a sober community and stay connected, whether you are four days sober or 40 years. This is not an AA meeting, but a supplement to your program of recovery.

2023 SPEAKER SERIES

Our programming this year focuses on **Connection** –
to our Higher Power, Ourselves, and Our Community

FOURTH WEDNESDAY of the month • **IN PERSON** and on **ZOOM**
For up-to-date information visit us on our website or facebook page.

Letters from God

Michelle Simonsen



Jan
25

You Are not Broken: Awakening Our Inner True Self and the Wisdom Ever-present Within

Joseph Bailey



Mar
22

Reconnecting with Our Bodies: Sex, Intimacy, and Sobriety

Kelli Clement



May
24

How to Love Your Authentic, Awakened Self

Yvette Erasmus



July
26

We Heal Through Our Connection to God and Those We Travel Among

Karen Casey



Oct
25

IN-PERSON

*Hennepin Avenue United Methodist Church
511 Groveland Ave, Minneapolis, MN 55403*

6:30 pm Refreshments & Fellowship • 7:00 pm Programming

ZOOM

ID: 604 752 4401 • Password: WIR

7 - 8 pm CT