



WOMEN
IN
RECOVERY

MAY 25

2022

ZOOM

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m. CT

ON ZOOM

Meeting ID: 93507558272

Password: 259602

Link: zoom.us/j/93507558272

Phone-in: 312.626.6799

TO THINE OWN SELF BE TRUE: DATING AND INTIMACY IN RECOVERY

Nell Hurley

Nell will address the necessary elements of healthy dating and intimacy in recovery, drawing on her experiences of struggling with relationships in early (and not so early) sobriety and how she practices connecting deeply with herself and her Higher Power to connect with others.

Participants will learn:

- The role self-awareness plays in healthy dating and intimacy
- The importance of setting boundaries while dating in recovery
- How identifying your values empowers you to attract safe, healthy experiences around dating and intimacy in recovery



Nell Hurley is in long-term recovery. She's been an active member of AA since her sober date of December 27, 1997. She served as Executive Director of Minnesota Recovery Connection from 2010-2014 where she co-created the Recovery Coach Academy to train peer recovery coaches throughout Minnesota.

Nell also served as the Director of Alumni Relations at the Hazelden Betty Ford Foundation and as a National Director for The Phoenix, a nonprofit that builds recovery communities through fitness. Today, Nell serves as a consultant for SAMHSA's national Peer Recovery Center of Excellence and helps build Recovery Oriented Systems of Care in Illinois.

Nell is the founder of Hurley Health, where she combines fitness and recovery coaching to help people achieve long-term recovery from substance use disorders.

*Until further notice, all
meetings are on ZOOM*

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The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

www.theretreat.org/women-in-recovery | WIR@theretreat.org | [fb/insta: @WomenInRecoveryMN](https://fb/insta:@WomenInRecoveryMN)