



WOMEN
IN
RECOVERY

MAR 22
2023

SPEAKER SERIES

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

In-person and on Zoom

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 - 8:30 pm CT

LEARN • GROW • CONNECT

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

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

YOU ARE NOT BROKEN: AWAKENING OUR INNER TRUE SELF AND THE WISDOM EVER-PRESENT WITHIN

Joseph Bailey

Join us to hear from the ever-popular Joseph Bailey. Joseph presented last year on finding true serenity in recovery and being resilient in the face of all the challenges we face in our turbulent world today. This year he will present on awakening our inner true self and the wisdom ever-present within.



JOSEPH BAILEY, M.A., L.P. is a licensed psychologist, author, seminar leader, consultant, public speaker, and psychotherapist. His work has included co-founding The Minneapolis Institute of Mental Health, developing programs for numerous hospitals. He has also worked extensively in treatment centers for addictions.

Joseph is author of six books with over a half million in print including the best seller, *Slowing Down to the Speed of Life with Dr. Richard Carlson*, and newly released *Thriving in the Eye of the Hurricane: Finding Your Resilience in Our Challenging Times*. You can learn more about Joe and his work at joebaileyandassociates.com.

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.