



WOMEN
IN
RECOVERY

MAY 22
2024

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH

7 - 8:30 p.m.

In-person and on Zoom

IN-PERSON

The Retreat

1221 Wayzata Blvd., E., Wayzata, MN 55391

6:30 pm Refreshments & Fellowship

7:00 pm Programming

ZOOM

ID: 604 752 4401 • Password: WIR

7 - 8:30 pm CT

HARD KNOCK KNOCKS - LAUGHTER IN RECOVERY

Elise Cole

"Hard Knock Knocks" is an exploration of the principles of recovery and how they have shaped me as a parent, a partner, and a performer. In my 17+ years of sobriety, I've come to understand a deep connection between laughter and gratitude. In fact the two are inextricably linked. I have learned to laugh through grief, loss, and fear by embracing the Program and its Fellowship.



Elise Cole is a regular feature at the famous Acme Comedy Company in Minneapolis. Her debut album "Real Hot Dumb Dumbs" explores the challenges of marriage and parenting in the fluid landscape of the 21st century.

LEARN • GROW • CONNECT

Our programming this year focuses on
**Expanding our Paths for Healing
and Recovery.**

theretreat.org/women-in-recovery | WIR@theretreat.org
fb/insta: @WomenInRecoveryMN

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, Al-Anon, 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.