



WOMEN  
IN  
RECOVERY

SPEAKER  
SERIES

4th  
WEDS  
JAN-OCT

ZOOM

MEETING ID: 96253168010  
PASSWORD: 761726

7 - 8:30pm

VIRTUAL



SPEAKER SERIES GOING  
VIRTUAL ON ZOOM!



Meeting URL: [zoom.us/j/96253168010](https://zoom.us/j/96253168010)  
Phone Call IN: 312-626-6799  
Meeting ID: 96253168010  
Password: 761726

May 27, 2020

## RECOVERY FROM ADDICTION & SO MUCH MORE

Dirk Miller

If you are sober but still struggling to find peace, it doesn't mean you aren't working a "good program." Most addicts have additional obstacles - depression, an eating disorder, anxiety - that will continue to be challenges as they begin to get sober. Dirk Miller will discuss how it is the underlying issues such as shame and low self-esteem that hold us back and prohibit us from leading happy, emotionally balanced lives.



*Dirk Miller, PhD, is the Founder of the Emily Program, an eating disorder programs with locations in four states, treating nearly 500 patients a day. He has over 35 years of experience in the treatment of alcohol/drug, eating disorders, and other mental and behavioral problems. He sits on the Board of Directors for The Retreat and is a former member of the Governing Council of the MN Psychological Association. He has spoken nationally on a variety of mental health treatment topics and consults nationally to many health care organizations.*

Our mission is to create a caring community that provides education, spiritual insight, and growth opportunities for women in 12-step recovery programs.