



WOMEN
IN
RECOVERY

Learn • Grow • Connect

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

Join us each month as we nurture, renew, and transform not only our programs but our lives.

Our backgrounds are unique, our stories vary, and our programs may differ, but we are all **women in recovery** and we come together to learn, grow, and connect.



The Women in Recovery Speaker Series is held on the **4th Wednesday of the month**, January-October, at The Retreat. From relationships to health and wellness, from finances to forgiveness, speakers cover topics of universal concern to women in all forms of recovery.

Refreshments and fellowship begin at 6:30 pm, followed by the program at 7:00 pm.

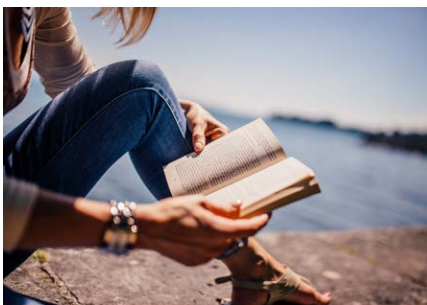
Speaker Series

2018 Speaker Series Schedule

MONTH	SPEAKER	TOPIC
Jan 24	<i>Paula Hutchinson & Michelle Simonsen</i>	Letters From God: Intuiting and Experiencing Our Higher Power
Feb 28	<i>Deborah Jiang-Stein</i>	The Light on the Other Side of Secrecy and Shame
Mar 28	<i>Catherine Mollner</i>	Understanding Your Attachment Style and How It Impacts Relationships
Apr 25	<i>Echo Bodine</i>	Intuition and the 12 Promises
May 23	<i>Craig Nakken</i>	Spiritual Principals
Jun 27	<i>Deb Halverson</i>	Values, Balance, Fulfillment - OH MY!
Jul 25	<i>Carol Ackley</i>	Trauma and Addiction: Becoming Trauma Informed
Aug 22	<i>Ellie Peterson</i>	How to Use Meditative Movements™ to Enhance Your Recovery
Sep 26	<i>Pauline Boss</i>	Ambiguous Loss: Learning to Live with Unresolved Grief
Oct 24	<i>Cookie Sweatt</i>	Practical Spirituality

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Book Groups



Join other women in recovery for a lively book discussion. We meet at two convenient locations in Wayzata and St. Paul on the **2nd Wednesday and 2nd Thursday** of the month. Visit our website for more details.