

Recovering Hope

Using the 12 Steps to Find Healing when You've Lost a Loved One to Addiction

Announcing a monthly meeting to explore using the Steps to help those who have lost someone find a way to navigate grief.

When: Each second Wednesday from 7 – 8:30 PM

Where: The Retreat

Main Level Meeting Room – Front Right

1221 Wayzata Boulevard East, Wayzata, MN

Fee: 7th Tradition offerings accepted

For those who have lost a loved one to the disease of alcoholism or addiction, the thought that there ever may be healing feels difficult to grasp. The devastation of loss is compounded with many unanswered questions, and often an overwhelming sense of guilt. It is difficult to know where to turn to for support.

This monthly meeting will offer support through the use of the tools found in 12 Step recovery. Each month will offer a different topic. For more information about these topics, or this meeting in general contact Sherry or Chris at 952.476.0566, or view our website at www.theretreat.org.



“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.” - Elizabeth Kübler-Ross

Meeting Facilitators:

Barbara S., Holli R. and Jay R. are all in long-term recovery, Holli in AA, Jay in Al-Anon, and Barbara in Al-Anon and Nar-Anon. Together they have experience teaching, facilitating, and the gift of being with people at a heart level.

In 2006, Jay and Holli lost their beautiful daughter, Jenna, to an overdose. Barbara lost her beloved son, Ross, to an overdose in 2013. Through their individual recovery journeys, and other grief support, they found a way to walk through their extremely difficult losses toward healing and hope, and openly share their experiences with others.

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the retreat