



Held by Community, Healed by Connection

What is Women in Recovery?

We are a community of women in recovery 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 recovery 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.

2026 SPEAKER SERIES

Our theme this year is: Held by Community, Healed by Connection

Every other FOURTH WEDNESDAY of the month IN PERSON.

For up-to-date information visit us on our website or facebook page.

Letters from God: Intuiting and Experiencing our Higher Power
Nicole Byars

**JAN
28**

Cultivating Happiness in Recovery through Connection, Enjoyment and Meaning
Catherine Mollner

**MAR
25**

Sponsorship: Healing through One to One Connections
Panelists from several fellowships

**MAY
27**

The Language of Belonging: How Authentic Communication Builds Trust, Community, and Connection
Yvette Erasmus

**JUL
22**

The Wisdom of Karen Casey
Karen Casey

**SEP
23**

IN-PERSON

The Retreat

1221 Wayzata Blvd East
Wayzata, MN 55391

6:30 pm Refreshments & Fellowship • 7:00 pm Programming • 7-8 pm CT