



# 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

[mnwomeninrecovery@gmail.com](mailto:mnwomeninrecovery@gmail.com) • [theretreat.org/women-in-recovery](http://theretreat.org/women-in-recovery)  
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