



WOMEN
IN
RECOVERY

MAR 25
2026

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m.

In-person or Zoom

IN-PERSON

The Retreat

1221 Wayzata Blvd., E., Wayzata, MN 55391

6:30 pm Refreshments & Fellowship

7:00 pm Programming

ZOOM

ID: 898 858 2394 • Password: WIR

LEARN • GROW • CONNECT

Our programming this year
focuses on **Held by Community,**
Healed by Connection

theretreat.org/women-in-recovery | mnwomeninrecovery@gmail.com
fb/insta: @WomenInRecoveryMN

CULTIVATING HAPPINESS IN RECOVERY THROUGH CONNECTION, ENJOYMENT AND MEANING

Catherine Mollner

Happiness is an alchemy of sorts. It varies from person to person because of our genetics, our circumstances and our habits. While we have no control over our genetics, some influence of our circumstances, the good news is that we are in the driver's seat of our habits. Along with focusing on the importance of meaningful connections with others, we will look at other habits that have the greatest impact on happiness. Learn what they are, how to invest in them every day, and you will soon start to see a return on your investment.



Catherine brings over 30 years of experience as a Licensed Psychologist, during which time she has had the privilege of supporting thousands of clients on their journeys of healing, growth and connection. Her approach is rooted in a deep commitment to understanding the unique experiences of each person she works with. Catherine's practice integrates an in-depth understanding of neurobiology with trauma and attachment informed therapy, reflecting a belief that sustainable growth arises when knowledge and experience are thoughtfully woven together.

Catherine has lived most of her life in the Twin Cities. She has been married for over 40 years and is a parent of three children. She enjoys hiking, spending time with grandchildren and pursuing her new winter passion, speed skating.

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.