



WOMEN
IN
RECOVERY

MAY 27
2026

SPEAKER SERIES

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

In-person Only

The Retreat

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

6:30 pm Refreshments & Fellowship

7:00 pm Programming

SPONSORSHIP: HEALING THROUGH ONE TO ONE CONNECTIONS

Sponsorship Panel: Kathleen S, Jen J, Monique L, Pam R

Women in Recovery recognizes the importance of sponsorship as a foundational element of all recovery programs. Sponsorship provides consistent guidance, and lived experience that help individuals navigate the challenges of recovery. Through encouragement, honesty, and shared understanding, sponsors offer both practical support and hope—reinforcing connection, fostering personal growth, and helping individuals remain grounded in their recovery journey.



Please join us for a panel discussion featuring women from AA, NA, Al-Anon, and CoDA who have been sponsored and, in turn, sponsor other women in their recovery journeys. Panelists will share their personal experiences with sponsorship, answer common questions about sponsorship, and offer their experience, strength, and hope in recovery, while also creating space for audience questions.

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

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.