

Learning Over Lunch

Awareness • Conversation • Development

Monthly community conversations presented by community experts on unique topics that are designed to develop awareness, create conversations, and further personal and professional development.

12:00a Lunch | 12:30a Presentation | 1:00p Q&A

JOIN US IN-PERSON AT RECOVERING HOPE

November 9

Tips and Tricks for Surviving the Holidays

Peer Recovery Specialists, Rosa and Becy will share their tips and tricks for surviving the holidays. Their journey through recovery will provide hope during some of the toughest times of the year.

This topic would benefit from those in recovery, seeking recovery or supporting those in recovery.

December 14

Learn about Family Treatment

'Tis the season to **Jingle & Mingle!** We invite you to mingle with our staff and learn more about our unique family-centered treatment approach.

This topic would benefit community members, professionals interested in making connections and those interested in learning more about the Family Treatment Model of Care.

January 11

Fetal Alcohol Spectrum Disorder

Experts from PROOF Alliance join us to share knowledge and raise awareness of Fetal Alcohol Spectrum Disorder. Learn what you need to know about alcohol use, pregnancy, and how to support those who have been impacted.

This topic would benefit those working, living with, or supporting individuals impacted by prenatal exposure to alcohol.

February 8

Harm Reduction in East Central Minnesota

Harm Reduction Sisters provides a feminist response, utilizing innovative harm reduction principles and practices to address gaps that exist for people who use drugs and experience trauma.

This topic is for anyone interested in learning more about combatting the opiate epidemic.



We invite you to join us in-person at our campus in Mora, Minnesota!

To register visit our webpage: recoveringhope.life/events to register or email Sadie at sadie@recoveringhope.life

**Enjoy lunch from our kitchen, served at 12pm*