



BEYOND THE TWELVE

SHE RECOVERS® Overview

SHE RECOVERS Foundation is a global movement that supports women in recovery through community, connection, and self-empowerment. The organization is seeking to redefine recovery by emphasizing the following intentions and guiding principles:

1. We are all recovering from something.
2. We don't have to hit rock bottom to pursue recovery in any area of our lives. We believe in early intervention.
3. We must be supported to find and follow individualized pathways and patchworks of recovery.
4. Recovery is a journey to wholeness. We learn to take care of our body, mind, emotions, and spirit.
5. We answer the call to heal our past wounds and intergenerational traumas so we can live fully in the present.
6. We focus on our strengths, not our defects. This is how we change.
7. We understand that the practice of radical self-love is paramount to our well-being.
8. We do our individual work in order to create and hold healing spaces for everyone. All women deserve recovery.
9. When we're ready, we recover out loud so that women who are struggling can find and join our movement.
10. Connection is our sole (soul) purpose. We're stronger together.

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| Relevant Quote: | "There is no greater source of influence or inspiration than a woman in recovery. Our story is proof." – Dawn Nickel, PhD (Co-Founder) | | |
| Addictive Behaviors: | Appropriate for personal struggles. | | |
| View of Addiction: | Broad view of problematic behaviors. | | |
| Change Goal: | Any change goal (abstinence, moderation, harm reduction, general wellbeing). | | |
| Spiritual Foundation: | No specific spiritual beliefs. | | |
| Meeting Facilitators: | All are certified by SHE RECOVERS, all are trained in holding trauma-informed space. | | |
| Labels: | No labels are pushed. | | |
| Sponsorship: | No sponsorship system. | | |
| Length of Participation: | Use the program as long as you need it, not encouraging lifetime attendance. | | |
| Meeting Format: | Varied formats: twice-daily online gatherings, in person meetings, retreats, etc. | | |
| Founding: | Founded in 2011 by mother-daughter duo: Dawn Nickel and Taryn Strong. | | |
| Medication Opinion: | Supportive of medication for addiction recovery. | | |
| Literature: | <i>My Recovery Patchwork</i> (Workbook), <i>She Recover Every Day</i> (Meditation) | | |
| Website: | https://www.sherecovers.org/ | Meeting Location: | In person and online. |

What aspects of this program feel like a good fit for me? What aspects don't?

Where and when could I try SHE RECOVERS?

How could this program support the goals I've set for my recovery, healing, growth, and change?

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