

Lisa, UK SMART Recovery Women-Only Meeting Participant

🌟 Celebrating Women in Recovery this International Women's Day! 🌟

As we mark this special day dedicated to the incredible women around the world, let's take a moment to honor the strength, resilience, and camaraderie found within women in recovery.

"I think women-only meetings are needed because women relate to each other in a totally different way." 💬 There's a unique bond among us, a special camaraderie that flourishes in the face of challenges and struggles. In our women-only groups, we find a safe space to share, to heal, and to grow together.

Women face distinct challenges on the path to recovery, often influenced by the unique demands placed upon us in life. Yet, within our community, we find understanding, empathy, and unwavering support. We share our journeys, our victories, our setbacks, knowing that we are not alone.

In these gatherings, we find solace in each other's stories, laughter in shared experiences, and strength in our collective resilience. It's a privilege to be part of a group where I can nod, laugh, and cry alongside fellow women who truly understand.

Today, I celebrate the kind, supportive, and strong women who have enriched my journey in recovery. To the familiar faces and the newcomers, thank you for being there, for your encouragement, and for reminding me that together, we can overcome any obstacle.

Here's to the incredible women of SMART Recovery and beyond! 🌸 #InternationalWomensDay  
#WomenInRecovery #StrongerTogether