

# Four Decades of Cultivating Collaboration in a Changing World: The 2026 Women's Recovery Conference Agenda at a Glance

## Wednesday, May 6th

### PRECONFERENCE

9:00 am – 4:30 pm  
(6.0 Educational Hours)  
Sign-in/Connect 8:30 - 9:00am

#### MORNING SESSIONS:

9:00 am – 12:15 pm  
Morning break is 10:30 - 10:45am  
(3.0 Educational Hours)  
Choose one of two morning sessions:

**CHOOSE**  
1A. Collaborative Change: Cultivating Creativity, Connection, and Community  
  
**OR CHOOSE**  
1B. Let Go, Recover and Realign with your Soul

Lunch break is 12:15 - 1:15pm

#### AFTERNOON SESSIONS:

1:15 pm – 4:30 pm  
Afternoon break is 2:45 - 3:00pm  
(3.0 Educational Hours)  
Choose one of two afternoon sessions:  
  
**CHOOSE**  
1C. Yoga and Substance Use Recovery for Women in the Context of Regenerative Medicine  
  
**OR CHOOSE**  
1D. Ethical Considerations: Treating Substance Use Disorders in Rural Communities

## Thursday, May 7th

### MAIN CONFERENCE Day One

9:00 am – 4:30 pm  
(6.0 Educational Hours)  
Sign-in/Connect 8:30 - 9:00am

Main conference Day One  
has a live stream option.



#### OPENING KEYNOTE

9:00 am – 10:30 am  
(1.5 Educational Hours)  
Everyone in Attendance

Cultivating Collaborative Change by Weaving Connection into Community

Morning break is 10:30 - 10:45am

#### TRACK SESSIONS:

10:45 am – 4:30 pm  
Lunch break is 12:15 - 1:15pm  
Afternoon Break is 2:45 pm – 3:00 pm  
(4.5 Educational Hours)  
Choose one of two tracks:

**CHOOSE**  
2A. TRACK ONE - GENERAL TRACK  
10:45 am – 12:15 pm  
Releasing Trauma in Substance Use Recovery: Embodying the “Stillpoint”

1:15 pm – 4:30 pm  
HIV, Mental Health and Substance Use: Where Are We Now?

**OR CHOOSE**  
2B. TRACK TWO - DHHS TRACK  
(open to all)  
10:45 am – 11:45 pm  
Trauma-Informed Perinatal Care: Supporting Birthing People with Histories of Trauma and IPV

11:45 pm - 12:15 pm  
You Quit, Two Quit: Tobacco Free Treatment Update

1:15 pm - 1:45 pm  
You Quit, Two Quit continues after lunch

1:45 pm - 2:45 pm  
Understanding the Effects of Drug-Related Stigma

3:00 pm – 4:30 pm  
Recovery and Housing Through Their Eyes: Forty Years of Progress, Policy and Possibility

## Friday, May 8th

### MAIN CONFERENCE Day Two

9:00 am – 12:45 pm  
(3.5 Educational Hours)  
Sign-in/Connect 8:30 - 9:00am

#### OPENING PRESENTATIONS:

9:00 am – 10:30 am  
(1.5 Educational Hours)  
Everyone in Attendance

9:00 am – 9:15 am  
Part One: Update from the State: Women's SUD Treatment in North Carolina

9:15 am – 10:30 am  
Part Two: NC DHHS Circle of Security Parenting Project

Morning Break is 10:30 am – 10:45 am

#### PLENARY SESSIONS:

10:45 am – 12:45 pm  
(2.0 Educational Hours)  
Choose one of two plenary sessions:

**CHOOSE**  
3A. Supervision that Sparks: Empowering Women in Recovery and the Professionals Who Support Them

**OR CHOOSE**  
3B. A Curated Collection: Effective Group Exercises for Women in Recovery

