

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 – 9:00 am

MORNING SESSIONS:

9:00 am – 12:15 pm

Morning break is 10:30 – 10:45 am

(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 – 1:15 pm

AFTERNOON SESSIONS:

1:15 pm – 4:30 pm

Afternoon break is 2:45 – 3:00 pm

(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 – 9:00 am

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 – 10:45 am

TRACK SESSIONS:

10:45 am – 4:30 pm

Lunch break is 12:15 – 1:15 pm

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 – 9:00 am

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

