



# More than Words: *The Power in Sharing Your Recovery Story*

Monday, November 8 | 7 p.m. EST | Virtual Forum | Zoom Webinar

Storytelling is a fundamental part of being human, but did you know it can also be a powerful source of encouragement, solace and support for those in recovery?

For our November Family Forum, we invite you to share your recovery story and listen as others tell theirs. The event will feature guest speaker Dr. Chantelle Thomas, clinical psychologist and Executive Clinical Director of The Manor by Windrose Recovery, a residential treatment facility in Wisconsin.

## Why sharing your recovery story matters

Due to the stigma surrounding SUDs, you and your family may be hesitant to speak up about your experiences. However, the communal act of storytelling can help shatter the culture of silence, fear and shame around the disease of addiction.

Join us as Dr. Thomas explains the benefits of sharing recovery stories, including gaining a deeper understanding of other people's emotions, fears and hopes — and how they relate to your own. More than words, these stories serve as a powerful reminder that you are not alone.

While all participants are encouraged to share their stories, the decision to do so is yours. Thanks to the virtual format via Zoom, you can choose to speak or to simply listen, to join the meeting with your video turned on or off, and/or to add your comments in the chat feature.

Whether or not you share your personal account — no matter what stage of recovery you're in — we'll be there to connect you to life-changing resources that can aid in your recovery.

We hope you'll take part in this impactful evening of hope and help through storytelling.

Learn more and register at:

<https://bit.ly/WfanForumNov21>



### About Dr. Chantelle Thomas

Dr. Chantelle Thomas is Executive Clinical Director of Windrose Recovery and a clinical psychologist specializing in addiction treatment, trauma and health psychology. Dr. Thomas completed a post-doctoral fellowship in health psychology at the University of Wisconsin-Madison (UW) and helped develop a specialty substance abuse consultation clinic targeting high-risk and vulnerable populations within the UW department of family medicine. With specialized training in chronic health conditions and a certification in biofeedback, Dr. Thomas brings a body-based lens to the healing and stabilization of chronic pain, trauma and substance abuse-related disorders. Her background in research-supported treatment modalities directly informs her ability to ensure the most effective interventions are incorporated into Windrose Recovery's holistic programs.