

# SOBER STRONG

## EAU CLAIRE DOWNTOWN YMCA



A specialized program at the Eau Claire Downtown YMCA for women in early recovery from substance use disorder. Sober Strong combines group exercise with supportive services to create connection and belonging while reducing post-acute withdrawal symptoms in early recovery.

### THIS PROGRAM HAS 4 COMPONENTS:

#### 1. GROUP EXERCISE CLASS

##### Rotating schedule

Julie creates a supportive environment and mentor women through a monthly rotation of group exercise classes. This program allows participants to explore various YMCA classes while benefiting from the Sober Strong support system. It's a fantastic opportunity for participants to find the group exercise class that best suits their lifestyle, whether based on scheduling, fitness level, or health goals.

#### 2. SUPPORT MEETINGS

Tuesdays, 10:00-10:50 AM

Available to all program participants, it is an open topic discussion meeting with subjects ranging from eating disorders, trauma, relationships, addiction, and recovery. This meeting brings women together to share their past, present, and hopes for the future. Snacks and beverages provided.

#### 3. RECOVERY COACHING- by appointment

Recovery Coaching is available through the AmeriCorps-Certified Recovery Corps member, Julie Wilson.

Julie has lived experience and recovery in complex trauma, eating disorder, and substance use disorder.

Her lived experience and training allow her to connect with women and help them navigate early recovery with an insider's viewpoint.



#### 4. ATHLETIC CLOTHING CLOSET

Group exercise participants that experience a barrier to appropriate athletic gear have the opportunity to "shop" at the athletic clothing closet.

- This program includes a free 3-month membership to the YMCA of the Chippewa Valley.
- There will be a monthly incentive drawing to reward participation!

**NOW ACCEPTING REFERRALS**



This is a referral-based program. Referrals are accepted from Sober Living Staff or any other recovery support service the individual is involved in, such as Treatment Court, DOC, CCS, therapist, or primary physician.

Scan the QR code for more info or email Julie at [jwilson@ymca-cv.org](mailto:jwilson@ymca-cv.org).