

SOBER STRONG



A specialized program at the Eau Claire 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.

The program has 4 components:

1. GROUP EXERCISE CLASS—Fridays, 8:00–8:50 AM

A safe, supportive environment where women learn how to trust their bodies through trauma-informed physical exercise and meditation.

This is a beginners-level group exercise class for program participants only that incorporates aerobic exercise, strengthening exercises, stretching, and meditation.

2. SUPPORT MEETING—Tuesdays, 9:00–9:50 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 will be 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 will 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.