

# SHERECOVERS® FOUNDATION

## SHE RECOVERS® FOUNDATION LAUNCHES NEW SUPPORT SPACES FOR LGBTQ+ COMMUNITIES

(SANTA FE, NM) -- SHE RECOVERS® Foundation has created an **SRF Support Group** for the LGBTQ+ community. Striving to hold safer spaces for the LGBT+ community, the organization invites recovering queer women, transwomen, and non-binary individuals who identify with women's communities, to connect and find healing through its private **SRF Support Facebook Group** launching Friday, June 18<sup>th</sup> and virtual **SRF Support Gatherings** held weekly on Sundays beginning on June 20<sup>th</sup>.

[SHE RECOVERS Foundation Together Online](#) Zoom Gatherings are informed by the organization's [Intentions & Guiding Principles](#). They are hour-long, topic-focused, trauma-informed, and voluntarily facilitated by professional SHE RECOVERS Coach Designates (SRCD) who meet participants right where they are. [A free authenticated zoom account](#) is required to attend. All pathways and patchworks of recovery are supported. Due to the confidential nature of these gatherings – they are not recorded.

### [SHE RECOVERS® Together Online Guidelines](#)

The **SRF Support for LGBTQ+** Online Gatherings will be facilitated by two professional SHE RECOVERS Coach Designates. Autumn Rock is an indigenous and queer woman who braved addiction and battled C-PTSD. Autumn has practiced abstinence-based recovery for over 24 years. In that time, she has become a successful business owner, success strategist, and coach. Autumn supports her community as the Founder of Rock Life Recovery and Success Strategies, Pride Society President, and Producer of the Women Who Inspire Conference. Autumn has made it her mission to empower women and gender diverse folks to overcome their personal challenges, lead a more self-directed life, acquaint themselves with their inner truth, tell their story with courage, and reach their full potential.

Cary Kelley Wright is a Certified Professional Recovery Coach, SHE RECOVERS Coach Designate and Certified Life Coach. She is also a lesbian living in long term recovery from alcohol use disorder, codependency, perfectionism, and ultra-independence. Cary strongly believes that our healing is rooted in our pain. She focuses her coaching on creating a healing space where truth is spoken, pain is unearthed and clients are given opportunities for real, vulnerable, healing connections with self and others. It is her life's purpose to walk alongside others as they seek new ways to meet life's challenges, create healthy patterns, and develop more fulfilling lives.

The Foundation has posted two [blogs](#) specifically highlighting the disparities LGBTQ+ communities face in recovery. The first, written by SRF Supports LGBTQ+ facilitator Cary Kelley Wright (listed above) is entitled "[A Lesbian in Recovery Sits in this Chair.](#)" And the second, entitled "[Shout Out the Truth,](#)" is authored by Elizabeth Stanard. As a queer woman, recovery advocate and SHE RECOVERS community member, her blog exclaims "Until we identify and eradicate all of the systemic, intersecting inequalities that threaten and sometimes kill those of us on the margins, no one will be healthy and free."

On June 24<sup>th</sup>, SHE RECOVERS will premiere a special music video highlighting a song written and produced by Nika Nicely, a retired Army Officer, musician, and valued member of the SHE RECOVERS® Community.

To join the SRF Support Group For LGBTQ+ please visit <https://sherecovers.org/together-online>. For more information about SHE RECOVERS Foundation, please go to the SRF website - <https://sherecovers.org/>.

#### **ABOUT SHE RECOVERS® FOUNDATION**

**SHE RECOVERS® Foundation** is a not-for-profit organization that inspires hope, reduces stigma, and empowers women in or seeking recovery for substance use disorders and/or mental health challenges. The organization provides a lifeline of support and resources enabling women to increase their recovery capital, heal themselves, and help other women to do the same. Its vision is to achieve a world where all women in or seeking recovery are celebrated, supported, and deemed essential to healthy communities.

#### **ABOUT #Doughp4Hope**

[Doughp](#) – the legit cookie dough company, burst onto the dessert scene in 2017 in San Francisco and has grown into a multi-million-dollar business. After a journey in self-discovery and sobriety, founder Kelsey Moreira renewed her love for baking and inadvertently created an edible cookie dough recipe from scratch that can be enjoyed either raw or baked. Intent on bringing attention and awareness to mental health and addiction recovery, Kelsey created #Doughp4Hope a national campaign giving back to the community by donating a portion of every purchase to nonprofits supporting these issues. Through the #Doughp4Hope initiative, Doughp has donated more than \$40,000 towards mental health and addiction recovery.

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