

Recovery International's 2027 Conference:

Community, Connection & Caring

Celebrating 90 Years!

For 90 years, Recovery International (RI) has helped people build emotional resilience, strength, and peace through peer-led mental health support groups grounded in the cognitive behavioral method of neuropsychiatrist Dr. Abraham Low. In April 2027, group leaders, members, mental health professionals, family supporters, friends and members of the public will gather in Chicagoland — the city where it all began — to learn, connect, and celebrate nine decades of help and healing. We invite you to join us!

ABOUT THE CONFERENCE

Friday, April 30, 2027 • Chicago Marriott Oak Brook • 1401 W. 22nd Street, Oak Brook, IL 60523

A full day of keynotes, workshops, and a resource fair open to the public from 9 a.m. – 5 p.m.

ICA ILLINOIS COUNSELING ASSOCIATION



MOSAIC COUNSELING & WELLNESS

We are delighted to welcome **The Illinois Counseling Association** and **Mosaic Counseling and Wellness** as our conference partners. CEUs will be available for Illinois mental health professionals at no additional charge.

The conference on Friday costs $100 and will include a continental breakfast and a buffet lunch. An RI peer-led meeting will be held before and after the conference for those who want to attend. Our conference hotel is the Chicago Marriott Oak Brook, about 18 miles from downtown Chicago. Rooms will be available for $155 per night plus taxes and fees. The hotel has a Starbucks inside and is conveniently located across the street from the Oakbrook Center, one of the largest shopping centers in the Midwest. Hotel reservations may be made at the conference rate through a special link. Please contact our office for details. Meeting spaces are accessible.

Thursday Reception

A welcome reception will be held on Thursday at the hotel from 4 – 7 p.m. for RI members, our partners and presenters, and conference attendees. Hors d'oeuvres, desserts and non-alcoholic beverages will be served. There will also be RI meetings held before and after the reception so you can process any travel stressors that worked you up.

Friday Morning Keynote: Serena Wadhwa, Psy.D.

Stress Mastery: Finding Harmony in a Fast-Moving World

Dr. Serena Wadhwa is a Licensed Clinical Professional Counselor (LCPC), Certified Alcohol and Drug Counselor (CADC), transformational coach, published author, and wellness speaker based in Chicago, IL. As the founder of TriQual Living Center, she has spent over two decades helping individuals navigate stress, burnout, anxiety, addiction, and life transitions. Her books include: *Stress Intelligence: 365+ Ways to Smooth Your Stress Flow*, *Stress in the Modern World: Understanding Science and Society*, and *Grief and Loss in the Workplace*.

Featured Afternoon Speaker: Robin M. Warner, M.D.

Neurodivergence: Moving Forward with Clarity, Compassion and Hope

Dr. Robin Warner is a board-certified adult psychiatrist who has practiced for over twenty years, and is on the Recovery International Board of Directors. She has worked at Kaiser Permanente in San Diego, CA since 2010. She graduated from Cornell University before going onto medical school. She became an associate clinical professor at SUNY Buffalo, then returned home to San Diego. She has a forthcoming book to be released in March: *Neurodivergent by Design: A Guide to Understanding and Supporting Loved Ones with ADHD or Autism.*

Saturday Bus Trip: May 1

We will be chartering a bus (with a rest room) to take an historic tour in downtown Chicago. The bus will leave the hotel Saturday morning and return late afternoon. We will be visiting the Special Collections and University Archives at the Library of the Health Sciences-Chicago, University of Illinois Chicago (UIC), on Saturday morning. This is where Dr. Low's papers are housed, and where they hold early RI historical documents. The librarian will have selected documents on display. We then head to The Berghoff, Dr. Low's favorite restaurant, for lunch. A variety of dining options will be available. We will drive past the brownstone location of RI's downtown offices, then on to Memorial Park Cemetery in Skokie, IL, where Abraham and Mae Low are buried. The cost of the bus trip will be $125 for RI members (and traveling companions) and $150 for non-members which includes lunch and tips.

Additional Features

The conference hotel is literally across the parking lot from our RI Oak Brook office. We will have designated times when you can visit the RI office and see where phone calls and book orders are received. We will also have a *Memories Room* set up with some items from RI's archives including, from RI's founder, Dr. Low's desk, typewriter and pipe. Yes, you will be able to have a photo taken of you sitting at Dr. Low's desk!

Registration

To register for the conference:

- Visit the conference page on our website: RecoveryInternational.org/RIConference.
- You may also call the Oak Brook office and register with Jessica over the phone at 312-337-5661.
- Or you may mail in the registration form below to: Recovery International, 1415 W. 22nd St. Tower Floor, Oak Brook, IL 60523 with a check made payable to RI or email the form to jessica@recoveryinternational.org then make payment by phone, PayPal or Venmo.

Name: _____

Address: _____

Email / Phone: _____

Please register me for: (Please circle) *Friday Conference* $100; *Sat. Bus Trip* $125 (RI Member) $150 (Non-Member)

Dietary Allergies? (Meals will be buffet-style) _____

Interested in CEUs? ☐ *(Please check if you are.)*