



PRESS RELEASE: Dove Recovery House for Women Launches Book Club to Explore Substance Use Disorder & Recovery Through Literature

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PRESS RELEASE

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Dove Recovery House for Women Launches Book Club to Explore Substance Use Disorder & Recovery Through Literature

Indianapolis and Jasper, IN – Dove Recovery House for Women, the largest free residential treatment and recovery program for women in Indiana, recently launched the Heart Work Book Club sponsored by Merchants Bank of Indiana as part of its yearlong 25th Anniversary celebration. This book club is designed to deepen the understanding of substance use disorder (SUD) through storytelling and shared experiences. Featuring five books throughout the year, the book club will explore SUD from multiple perspectives—lived experience, the impact on loved ones, and clinical insights.

“As we continue expanding our services to meet the growing need for women struggling with SUD and trauma, we see education and open dialogue as tools in breaking the stigma surrounding this disease,” said Dove House CEO Wendy Noe. “This book club is an opportunity for our communities to become involved with our mission and deepen their understanding of this issue.”

The Heart Work Book Club comes as Dove House undergoes an 8,000-square-foot expansion at its Indianapolis location, adding 15 new beds to its 40-bed facility. With an additional 15-bed facility in Jasper and a third location breaking ground this year in Bartholomew County, Dove House sets the standard for free, women-focused recovery programs in Indiana.

As part of Dove House's gold-standard program—which provides free treatment, housing, and support for an average stay of 7.5 months—the Book Club offers residents, alums, staff, and the community a unique opportunity to engage in meaningful discussions. Conversations will occur online via Dove House's public Heart Work Book Club Facebook Group and Slack Channel, where weekly discussion questions will be shared.

Dove House is also offering community lunch and learn sessions for those who want to bring these conversations into their workplaces or groups. Central Indiana and Dubois County organizations can host up to four book discussions per book facilitated by Dove House representatives. The first book selection for March is *The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing, and Healing* by Lara Love Hardin. This harrowing yet humorous memoir follows the author's unexpected journey from an upper-middle-class mom struggling with opioid addiction to serving time in jail—where she unexpectedly became a leader among the incarcerated women—and then rebuilding her life as a highly successful ghostwriter.

New books will be introduced in March, May, July, October, and November. For more information on how to participate in the Heart Work Book Club or schedule a Community Lunch and Learn, visit dovererecoveryhouse.org/bookclub.

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About Dove Recovery House for Women: Dove Recovery House for Women empowers women to become substance-free, self-sufficient, and healthy by providing safe, no-cost housing, high-quality programming, and—above all—hope for the future. As the largest recovery residence for women in Marion County and Dubois County, Dove House is certified as a Level IV Recovery Residence through the Indiana Alliance for Recovery Residences. Learn more at dovererecoveryhouse.org.