

## 2017 Workshop Schedule - Subject to change

To help you plan your conference, here is a sneak-peak at the schedule. Be sure and pick up an official schedule when you arrive just in case we make a change.

8:00AM – 8:45AM

Fellowship Hall - Continental Breakfast / Registration

8:45AM – 9:00AM

Fellowship Hall - Opening. Serenity prayer, 12 steps, 12 traditions. Nanci A.

### Session 1: 9:00AM – 10:20AM Workshop options

**Education Building – Upper Room – Boundaries ~ Friend or Foe?**

It has been said that you can lead a horse to water but you can't make him drink. A person that refuses to drink recovery's water can certainly die of thirst or just from plain old stubbornness. This workshop offers a fresh perspective on the ins and outs of boundaries that are relative to anyone's sense of well-being and serenity **Jim Y**

**Jim Y** (San Francisco) is currently enjoying the road of discovery and recovery. He believes that most people, especially those who suffer and are lost, can benefit by lending or taking a helping hand in today's rapidly changing world. Fellow Traveler, Swim Instructor, Listener, Translator.

### Session 2: 10:30AM – 11:50AM Workshop options

**Education Building – Upper Room – The “Do Over”** The line in a famous pop song, “oops I did it again,” probably sums up recovery in CoDA for many of us. It's not like we can “quit” people or relationships. Most of us have to interact with people every day, and some of those people can trigger us. This workshop will discuss how to be comfortable with our imperfect self and the CoDA tools that help us define our part and how to get on with living the life our higher power wishes for us. **Yvonne R**

**Yvonne R** (Los Gatos) Yvonne's recovery program embraces her past and current life with honesty, openness and an eagerness to put childhood patterns to rest. She has worked the 12 Steps and 12 Traditions many times and believes her recovery has been accelerated by being a sponsor and doing service work in her meeting, NorCal CoDA and CoDA World Service. CoDA continues to give her the tools to recognize and forge healthy, balanced relationships, and attract positive people and experiences into her life.

#### **Classroom #1 – Keep Moving Forward**

“A relationship, I think, is like a shark. It has to constantly move forward or it dies.” Woody Allen in *Annie Hall*

CoDA members who have been coming for many years know that recovery is so much richer when they treat it as a joyous journey of discovery, a passionate way of living. Relief from the problems that brought them to CoDA is not the same as recovery. This workshop will address how we keep our programs alive and healthy by integrating what we learn in CoDA into our daily lives and how continued participation in all aspects of CoDA keeps us growing. **Leslie C.**

**Leslie C** (Walnut Creek) is active in recovery for more than 20 years, Leslie is currently the chair of Northern California CoDA.

## **Session 2: 10:30AM – 11:50AM Continued**

**Fireside room – “Your Wound is Your Inspiration”** - Many Codependents feel ashamed about their childhood wounds and adopt patterns of denial to avoid remembering and feeling. In recovery, we learn how to undo this; however, another step is possible - embracing our wounds as a special sensitivity and insight into being human. In this workshop, we will share about our wounds, patterns of denial and how our very wounds can be a source of inspiration in transforming our lives. We'll use mirroring to share in pairs and receive feedback from an attuned listener. **Ron W.**

**Ron W. (Oakland)** is going on his 13th year in CoDA or is it 14? CoDA has helped him work through the shame and denial of childhood wounds; and let go of the dysfunctional behaviors blocking feeling. He senses a compassion with all beings who suffer.

**12:00PM – 1:00PM**

**Fellowship Hall – Lunch: Please allow members of NCC Assembly Business meeting and members with special dietary needs to be first in line.**

**12:30PM – 1:50PM**

**Fireside room (adjacent to the Fellowship Hall). NCC Assembly Business Meeting. All members are encouraged to attend. – Leslie C.**

**1:00PM – 1:50PM**

**Education Building - Upper Room - CoDA Meeting. Secretary:**

## **Session 3: 2:00PM – 3:20PM Workshop options**

**Education Building – Upper Room – THE COURAGEOUS JOURNEY OF LEARNING TO LOVE THE SELF: WHAT TO BRING AND ADVENTURES TO EXPECT ALONG THE WAY!** Would it be nice to have a clear roadmap to follow as we go on this journey? There are seven different major areas where we begin our work in CoDA Recovery. Having this roadmap, we can recognize the signs along the way, seeing where we're at and what progress we've made to have a healthy and loving relationship with our SELF. Let's discuss some helpful recovery tools you can bring along to make your our CoDA recovery journey the TRIP OF A LIFETIME! - **Debbie W.**

**Debbie W.** (Sacramento) - has been active in CoDA since 1988. She is currently the Treasurer for NorCal CoDA. She has been Chairperson for NorCal CoDA and the Greater Sacramento Area CoDA Community. By living “one day at a time” and turning her will and life over to the care of her loving Higher Power, she has learned many lessons of codependency recovery first-hand: appropriate trust, setting healthy boundaries, healing shame issues, acquiring healthy attitudes of abundance consciousness, letting go of control and perfectionism, practicing unconditional love & forgiveness of ourselves and others. She is an example that by working this program, we can all indeed be happy, joyous, and free!

### **Session 3: 2:00PM – 3:20PM Continued**

**Fireside room - Empowering the Inner Loving Parent** - How often do we hear about Inner Child work but don't know where to start. In this workshop we will ask Higher Power to give us the mandate to be a caring inner parent for our inner child and empower us for the task. We will 'burn' some old tapes and choose new self-love strategies. We will create a safe space to heal. Workshop elements include guided visualization, sharing and group discussion. **David E**

**David E.** (Santa Cruz) attended his first CoDA meeting in the Fall of 1991 in Berkeley, CA. It was there with others in fellowship he began exploring inner-child work as a pathway to healing. David has led numerous inner-child workshops at recovery retreats, emphasizing a strong relationship between inner-parent and child.

### **Session 4: 3:30PM – 4:50PM Workshop options**

**Education Building – Upper Room - Being the Adult in the Room When Anxiety Hits.** In this workshop Jim will have an open discussion about anxiety and panic and specific techniques to soothe the scared inner child. He will open the discussion to the members to share what calms their anxiety and why. Sharing is healing. Healing is recovery. **Jim C.**

**Jim C.** (Aptos) has 30 years in the program and is the president of a foundation that helps the public with anxiety disorders. He shares his recovery with humor and insight.

**Classroom #1 - "Recovery for The Caregiver"** Are you caring for an aging adult, a special-needs child, or just about anyone who can't meet their own needs?

Does your compassion show a codependent defect of character, or is it part of God's will for you? We'll share, use exercises, and reflect on our program to balance self-care with our desire to provide care for those who need us. **Tom S**

**Tom S.** (San Jose) carries a 15-year CoDA chip, and gratitude for 12-Step recovery that helps him overcome compulsive patterns and seek God's will. He has been a caregiver for most of his adult life, and uses program tools to help separate caring from codependence.

**4:50PM – 5:00PM**

**Fellowship Hall - Closing**

**8:00PM – 9:30PM**

**You are invited to the Seabright State Beach CoDA meeting.**

**Seabright State Beach Meeting Directions:**

Take Seabright Blvd. toward the beach.

Turn left on Atlantic Ave,

Right on 3<sup>rd</sup> Ave.

At the end of 3<sup>rd</sup> Ave. walk down the steps to the beach. Windssock marks meeting.