

2021 Workshop Schedule - Subject to change

Be sure check the conference folder at

https://drive.google.com/drive/folders/1YgcWdJJHoMHFMkWqaGCeYYgkIOrlas_V

for the official schedule when you arrive just in case we make a change.

8:45AM – 9:00AM

Main - Opening. Serenity prayer, 12 steps, 12 traditions. Nanci A.

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

Breakout #1 (9:00AM – 10:20AM)- Connect in Recovery Joyshop

Many of us enter CoDA feeling a disconnection to our Higher Power, self and others. In the process of working the 12 step program of recovery from codependency, gently becoming increasingly honest with ourselves about our own codependent behaviors, we find a safe space, self-assess, look at the pain that we are causing ourselves & others, as appropriate challenge ourselves, deciding what no longer serves us as we move from disconnection to connection.

"Recovery Patterns of Codependence", CoDA, 2011, offers us an overview of patterns, both patterns of codependence, and, by working the 12 Step Program of recovery, we begin to experience transformation of these patterns into Recovery Patterns. When you begin to personally experience the benefits of the recovery patterns, many of you begin to realize that The Twelve Promises are playing out in our lives. Often read in the beginning of meetings, it is like listening to a self-assessment tool in every CoDA meeting we attend. Kathryn T. and Julie B.

Workshop Leader's Biography:

Julie B (Las Vegas) - started her CoDA recovery in San Francisco California during the fall of 2000 and currently resides in Las Vegas, NV. She gratefully thanks her Higher Power for 20 1/2 years of CoDA recovery. This miraculous program has transformed her life. What's behind the miracle? The solution is seeking HP's will by working the 12 steps and 12 traditions of Co-Dependent's Anonymous along with sponsorship, attending a lot of conferences, served on the CoDA Board of Trustees, CoDA World Events committee, sharing her experience, strength, and hope with other co-dependents who still suffer. Her blessings keep expanding....

Kathryn T. first attended a CoDA meeting July, 1987, Santa Cruz, CA. The core of Kathryn's recovery includes being true to her own self, setting healthy boundaries, actively using the tools of CoDA, and connecting daily with a Higher Power of her own understanding.

Having participated in five writing workshops based on four recovery texts since 1991, this grateful recovering codependent is now on her 14th round of working Step 4. Kathryn continues to actively work the Twelve Steps of CoDA, attending 3 – 4 virtual CoDA meetings weekly during the global pandemic, a step study, mini-conferences, regional and international conferences, and service at the meeting level, as a sponsee and sponsor, and as a humble servant as past Northern California CoDA Chair, Aug 2010 – Aug 2014; NCC Vice Chair July 2007 – Aug 2010.

Session 1: 9:00AM – 10:20AM Continued

Breakout #2 (9:00AM – 10:20AM) – C.A.F.S. series, Part 3: Fear

The C.A.F.S. series is an interactive virtual workshop for those newer and familiar in working the Twelve Steps of Co-Dependents Anonymous. Participants will get the opportunity to take pen to paper inverting statements into questions that may bring about a clearer vision of their own reflection. Part 3 of the series, FEAR, begins with an introduction to what may be the CoDA's Spiritual Dilemma by posing considerable questions highlighting how fear plays a role in the codependents' relationships (Chapter 2 of the CoDA Book C.A.F.S.). The series concludes with a collaborative effort to answer questions that may be difficult to admit.

Join this Sharing Session where the Joy in seeing one's own reflection is but the beginning to being what is intended: happy, joyous, and free. Chase C.

Workshop Leader's Biography:

Chase C. – Livermore - A now grateful recovering Co-Dependent was introduced to Co-Dependents Anonymous by the Justice of the Court and welcomed with the smiles of recovery as she crossed the threshold and through the arch of which she took her first step onto the pathway to freedom.

Breakout #3 (9:00AM – 10:20AM) - Cultural Codependency: When Cultures Clash with Healthy Recovery

In our increasingly global community, we may discover our newfound recovery conflicts with either our own native culture or adopted culture abroad, creating, contributing, or amplifying codependent patterns with major impact.

As a first generation American of Italian parents who migrated later in life and a sponsor to internationals, I've observed this first-hand. My own recovery journey has helped me to identify, assess and overcome cultural expectations that were both in conflict with American society...and with the healthy and loving relationships I desire.

This workshop seeks to help people identify, address and navigate the potential pitfalls of cultural codependency using CoDA steps and traditions. Handouts will be provided. Isabella C.

Workshop Leader's Biography:

Isabella C. I live in Safety Harbor on the Gulf Coast of Florida. A native of Los Angeles, I was raised in Maryland and lived in rural West Virginia for ten years. It was there that I hit my codependent bottom and found online CoDA and my sponsor Barbara L., whom some of you may know as local to SoCal.

My CoDA sober date is January 1, 2009 and my AA sobriety date is July 8, 2001. I like to mention this because in CoDA recovery, I've come to believe that while I qualify for AA and am active, I drank on top of my codependence.

Practicing CoDA recovery has had far-reaching impact on my life, and by extension, my relationship with my Higher Power and with others. Apart from helping me to achieve and maintain ongoing relational and spiritual growth, CoDA has helped me reclaim my authentic self and an increasingly trusting relationship with a loving Higher Power. In recovery, I've gained tremendous ground in fulfilling my personal potential, completing two degrees, starting a successful business, contributing to several spiritual books, and increasingly becoming the mom, friend and woman I want to be. CoDA remains critical to my ability to navigate life, including several significant challenges, with greater awareness and grace.

Session 1: 9:00AM – 10:20AM Continued

Breakout #4 (9:00AM – 10:20AM) Café CoDA - There will be no structured event in this Breakout Room. This space is offered as an alternative to the workshops if you would simply like to hang out with your fellow travelers on this journey, we call recovery. FYI: This room will close at the end of each session and reopen with the next.

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

Breakout #1 (10:30AM – 11:50AM) – Getting Comfortable: A Somatic Experience

Codependency is developed in childhood as a reaction to a dysfunctional family system. Part of this reaction is a nervous system that's always "on". As children, we were scanning our environments and our caregivers constantly. This hypervigilance often persists into adulthood making it difficult for us to *relax*. Come join me as we spend some time learning about the nervous system and expanding our capacity for more of the good stuff in life. Rachel R.

Workshop Leader's Biography:

Rachel R (Alameda) began her work in CoDA in 2010. She believes her codependency is an adaptation developed in childhood and that recovery starts with truth first, then love.

Breakout #2 (10:30AM – 11:50AM) – Leaning Toward Contentment

I see contentment as a state of being where peace and happiness merge for the long term. Co-dependency and contentment don't tend to run together, but contentment can be cultivated in recovery. The 12 steps of Co-dependents Anonymous provide a framework for cultivating not just manageability but something more positive and long-lasting. I'm doing this workshop as much for myself as for those who participate. Not expecting an instant epiphany, but dancing gently in the direction of acceptance and positive aspects of life. Jill L.

Workshop Leader's Biography:

Jill L. wandered into a CoDA meeting in Santa Cruz in 2001 after watching life as she new it disintegrate along with a 20 year marriage. She found perspective at CoDA and built a new life better than she could have imagined by working the steps and sharing the experience of other co-dependents. She still attends CoDA meetings and finds her home meeting a place to share laughter and tears. She believes learning happens best when one is entertained.

Breakout #3 (10:30AM – 11:50AM) – Live the Promise: "I Know a New Freedom"

"I know a new freedom." As it states in the Blue Book page iii, "We have all learned to survive life, but in CODA we are leaning to live life." In this workshop we will dive into methods and tools that Sharron has found effective for recovery in finding a new freedom in her mind, body and spirit. As codependents we spend much of our time looking down in shame let's take some time to look up to a bigger, fuller authentic life. Please have paper and your favorite writing tool handy as we will be doing writing exercises as part of this workshop. Sharron B.

Workshop Leader's Biography:

Sharron B. (Santa Cruz) After trying several 12-step programs, and being informed by a trained professional that she qualified for pretty much all of the twelve-step programs, Sharron landed in CODA. She attributes CODA to having changed her life from a life shadowed by personal struggles to a life in which she is thriving. Living with the guidance of the 12-steps and tools of CODA has proven to being a winning formula towards her recovery.

Session 2: 10:30AM – 11:50PM Continued

Breakout #4 (10:30AM – 11:50AM) Café CoDA - There will be no structured event in this Breakout Room. This space is offered as an alternative to the workshops if you would simply like to hang out with your fellow travelers on this journey, we call recovery. FYI: This room will close at the end of each session and reopen with the next.

12:00PM – 12:30PM

Lunch:

12:30PM – 1:50PM

Breakout #1 (12:30PM – 1:50PM) CoDA Meeting. Secretary: Nanci A.

**Breakout #2 (12:30PM – 1:50PM) NCC Assembly Business Meeting.
All members are encouraged to attend. – Pacia D.**

Breakout #3 (12:30PM – 1:50PM) Café CoDA - There will be no structured event in this Breakout Room. This space is offered as an alternative to the workshops if you would simply like to hang out with your fellow travelers on this journey, we call recovery. FYI: This room will close at the end of each session and reopen with the next.

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

Breakout #1 (2:00PM – 3:20PM) - Learning to own our power in a helpful, healing way.

Most of us have seen pictures or videos of a butterfly emerging from a cocoon or horse standing for the first time. If not, do yourself a favor before the workshop and search these events. There are some wonderful videos. Finding and owning our own power is a process like all others that has a beginning. In this workshop, let's explore how this happens in our lives including the challenges and stumbles that accompany our growth to strength. This workshop will be interactive with Q & A.
Bob K.

Workshop Leader's Biography:

Bob K. (Los Osos) started attending Healthy Living Through Recovery and CoDA workshops in January 1991 beginning with the "Life Balance Workshop" series in San Jose. At that conference, some of the contributors were from the Meadows and other Treatment Centers which are top centers in the world for Co Dependent and Dysfunctional Family Recovery. I needed every word I heard at the Conference because I had begun to experience doubts about my progress in recovery. My way of thinking also needed an overhaul. I did not like it, and I knew I needed change. It was at that conference that my CoDA recovery began to grow and develop.

Session 3: 2:00PM – 3:20PM Continued

Breakout #2 (2:00PM – 3:20PM) - Boundaries and Bullies

Many of us grew up being dominated and bullied by our parents and/or family members. We were not allowed to assert ourselves, and if we did, it could result in minor or severe punishment. So as adults it shouldn't be a surprise that many of us struggle with knowing when to and how to take care of ourselves when dealing with very difficult people, boundary bullies, and just plain, mean people. This workshop will help us understand: 1) how our past is influencing our present. 2) how to identify the type of bully we are dealing with, and 3) how to take back our serenity. Yvonne K.

Workshop Leader's Biography:

Yvonne K (Los Gatos) Yvonne's recovery program embraces her past and present life with honesty and bravery. She sees every day as a new opportunity to be the person her higher power intends her to be with the support and direction she receives from CoDA. She believes her growth has been accelerated by being a sponsor and doing service work at all levels including: local meeting, NorCal CoDA and CoDA world. CoDA continues to help her recognize and forge healthy, balanced relationships; attract positive people and experiences; and empower her beyond her wildest dreams.

Breakout #3 (2:00PM – 3:20PM) - Charting a New Course – Guiding the Inner Child Through the 12 Steps

How often do we hear about Inner Child work but don't know where to start. In this workshop we will trust recovery to empower the inner adult, empowering our emerging recovery to care for our children within. We will create a safe space to heal. Workshop elements include guided visualization, sharing and group discussion. David E

Workshop Leader's Biography:

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.

Breakout #4 (2:00PM – 3:20PM) Café CoDA - There will be no structured event in this Breakout Room. This space is offered as an alternative to the workshops if you would simply like to hang out with your fellow travelers on this journey, we call recovery. FYI: This room will close at the end of each session and reopen with the next.

3:25PM – 3:30PM

Main - Closing