

PROPOSED 2021 CoDA Retreat Agenda

****Breaking Through the Codependent Mind****

October 22 - Friday Night

- 5:30-7:00 Registration**Buy Raffle Tickets**
- 7:00-8:00 Fellowship and Dinner
- 8:00-8:20 Break
- 8:20-9:30 Create Mailboxes – Linda BF
- 9:30-? Fellowship: Games & Fun

October 23 - Saturday Morning (AM)

- 7:00-8:00 Yoga-Shannon
- 8:00-9:00 Breakfast
- 9:00-10:30 CoDA Leadership Meeting
- 10:30-10:45 Break
- 10:45-11:30 Relationships in CoDA - Delphine & David L.
- 11:30-12:00 Break

Saturday Afternoon (PM)

- 12:00-1:00 Lunch
- 1:00-2:00 The Bounce Back Workshop- Jessica D.
- 2:00-2:15 Break
- 2:15-3:15 Recovery in Relationships, A Real Discussion – Kim S.
- 3:15-3:30 Break
- 3:30-5:15 Intuitive Art Fun – Led by Tangerine R.
- 5:15-6:15 Dinner
- 6:15-7:00 CoDA Meeting & Raffle - Tracey G.
- 7:00-8:30 Darlene L. - Keynote Speaker Presentation
- 8:30-9:00 Break
- 9:00-10:00 Camp Fire, S'mores, Music and Sharing

October 24 - Sunday Morning (AM)

- 7:00-8:00 Yoga- Shannon
- 8:00-9:00 Breakfast
- 9:00-10:00 CoDA Texas Leadership Meeting (only If needed)
- 9:00-10:00 Raffle/Postcard from the Future - Brittany H.
- 10:00-10:15 Break
- 10:15-11:30 Affirmation Circle, Closing Ceremony, Candle Lighting Ceremony - Lisa C.
- Pack up and depart for home with your Awesome & Amazing self! Don't forget your mailbox!