 **The Board of Trustees of Co-Dependents, Anonymous
 invites you to an online Fellowship Forum presentation:**

An Easy Way to Start Working the Steps

**Speakers: Debbie W, Northern California
Salle, Northern California**

**WHEN: - Saturday, January 26, 2019, the last Saturday of the month
TIME: Noon PST, 3pm, EST, 4pm Atlantic time**

**DURATION: 1 hour, followed by a coffee hour, for Q&A**

**WHERE: Online forum, see box below for instructions**

**NOTE:** The Forums are recorded. Find the recordings at: [**Fellowship Forum Recordings**](http://www.codependents.org/2018/2018_ff.htm)



* Have you ever been a frustrated sponsor? Need Tips for sponsoring others?
* Where do I begin with CoDA literature and with working the Steps?
* How can I get out of conflict with others?
* Sample Question: “Have you lost any time, money or energy due to unhealthy relationships?”

**To receive reminders of each Forum, email** codaff@coda.org

Join this Forum online at: <https://zoom.us/j/755834380> Or join the Fellowship Forum by phone:

One tap mobile: +16465588656,,755834380# (New York) or +17207072699,,**755834380#**

Dial in: +1 646 558 8656 US (New York) or +1 720 707 2699 - Meeting ID: **755 834 380#**Find your local number: <https://zoom.us/u/acytzUofj>