

CONVENTION WORKSHOPS

You are cordially invited to submit suggestions for topics and facilitators for highly participatory workshops for the July 16-18, 2010 SoCal/World CoDA Conference and Convention, hosted by the Los Angeles CoDA Community! More information at www.lacoda.org and at www.coda.org

The convention theme is "*12 Promises: The Yellow Brick Road to Recovery.*" The conference and convention will be held at a hotel in the Greater Los Angeles area. There will be morning and afternoon workshops Saturday July 17th, and morning workshops Sunday July 18th.

We seek workshops that are highly participatory, meaningful to all participants (newcomers and oldtimers), and that relate clearly to one or more of the 12 Steps and 12 Traditions of Co-Dependents Anonymous. We seek facilitators who will prepare workshop activities that will aid in codependency awareness and recovery, and who will briefly instruct and coach the participants (no more than 1/3 of the allotted time: 25 minutes) so that they can work the workshop effectively. Each workshop will be 75 minutes in length. We expect about 30 to 70 participants in each workshop, and will limit attendance if necessary.

The deadline to submit suggestions is March 1st, after which we will invite the SoCal CoDA community online to indicate which topics interest them the most. Based on those responses, we will select the topics and leaders, and schedule them as best we can.

Please forward this flyer to others who might be able to contribute their ideas or talents, and indicate your own suggestion(s) by filling out the questionnaire at www.lacoda.org by March 1st. Email questions to michelled812@gmail.com

Thanks for letting us be of service,

The 2010 Workshop Committee

PS—For your consideration, here is a list of potential topics that you may choose or use as inspiration:

Setting Healthy Boundaries vs. Controlling Others; Sponsorship; Newcomer Q&A Panel; Step 4/ Promise 4; Using Affirmations; Language of Recovery; Step 11/ Promise 11; Principles Before Personalities; 12 Traditions; Responding with Recovery vs. Reacting from Inner Child; Healthy Meetings/ Step 10; Relapse; Promises 5-7 in Relationships; Promise 8/ Healthy Communication; Crosstalk; Step/Tradition/Promise 1; Step/Tradition/Promise 2; Benefits of Service/ Traditions 5&7; Finding Your Higher Power; Gratitude/Humility; Practice in All Our Affairs Life Grid; Honest, Open, Willing; Relationships by Traditions; Self Care/ Living in Recovery; Prayers & Spirituality; Powerless and Empowered; Other Addictions to Deal with our Codependency; Dealing with Crisis or Pain; Acceptance/ Letting Go/ Surrender; Caretaking vs. Being of Service