

CoDA Seabeck Fall Retreat 2017

To Thine Own Self Be True

Friday, October 20 (5:00pm) – Sunday, October 22, 2017 (1:30pm)

Where: Seabeck Conference Center (360-830-5010)
15395 Seabeck Hwy NW, Seabeck, WA 98380



Cost: Entire conference \$165*
Entire conference *single room* \$205*
(three available, first come basis)
Saturday only \$90* (breakfast, lunch, dinner)

***SEND IN PAYMENT POSTMARKED
BY SEPTEMBER 15 AND TAKE \$10 OFF**

NO REFUNDS after October 14, 2017

How: Mail this form and payment (US Funds only) to:

Tuesday Night CoDA WA-128
12578 Wye Lake Blvd SW
Port Orchard, WA 98367

Fellowship – Workshops - Raffle

What to bring: Toiletries, snacks to share, musical instruments, stuffed animals, flashlight, and journal.
Bedding and towels are provided.
Bring your favorite quote(s) printed with 2-inch font

Questions? Contact: Rich (253) 565-2283, email: tacomarocket@usa.net

Codependents Anonymous is a 12-step Program of Recovery



Registration Form

(This information will be kept confidential)

Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email: _____

*Unless otherwise requested, communication will be sent by email.

Room types: Single or Share (Not Handicapped Accessible): _____

Special Dietary Needs (be specific so Sebeck can best meet your needs): _____

Service opportunities:

Volunteer for:

Carpool Driver _____yes

Snack Food _____ yes

Raffle Ticket Sales _____ yes

Clean-Up _____ yes

Donate Raffle Basket _____ yes

Volunteer to be a Group Session Leader: _____ yes

Group sessions last approximately 1-1/4 hours. You do not need years in recovery to be a group leader. As a leader, you share your story or activity on the topic and open the group to sharing. If you want limited crosstalk during your workshop specific guidelines should be announced at beginning of workshop.

Registrations, Requests for scholarships and Payment must be received by October 13
No refunds after October 14

Fill out this form and mail it with your check made payable to: **Tuesday Night CoDA WA-128**

We currently have three double occupancy half scholarships available. Additional half scholarships dependent on donations.

Enclosed is my check for US \$165 (\$155 if postmarked by September 15), which includes meals (Friday dinner – Sunday lunch), or \$90 (\$80 if postmarked by September 15), which includes all meals Saturday only). I understand that there will be no refunds after October 14, 2017.

I am applying for a half scholarship (one half of your payment will be refunded if you receive a scholarship) Scholarships will be made by lottery.
Notifications of who received scholarships will be made on or before October 14, 2017.)

I am enclosing a donation for the scholarship fund. (This is greatly appreciated if you can afford to give.)

Schedule

Friday

| | |
|---------|---|
| 5:00 pm | Registration |
| 6:30 pm | Dinner |
| 8:00 pm | Welcome, Opening - Personality Indicators - Color Codes - Rich |
| 9:00 pm | Fellowship |

Saturday

| | | |
|----------|---|---|
| 8:00 am | Breakfast | |
| 9:00 am | Seeking Safety* - Ken H. | and Pam T. |
| 10:30 am | Contrary action | Let your Yes be Yes & your No be No |
| 12:00 pm | Lunch | |
| 1:00 pm | Being gentle with yourself | Rule 62-Don't take yourself so damned serious |
| 2:30 pm | Changing my perception of myself | Who am I (without you telling me)? Heidi |
| 4:00 pm | Free Time/ Art | |
| 6:00 pm | Dinner | |
| 7:00 pm | Raffle | |
| 7:30 pm | Musical 12 Steps | |
| 9:00 pm | Fellowship | |
| | *Seeking Safety workshop is a trauma/PTSD informed model for helping to identify areas and tools that can assist in recovery. | |

Sunday

| | | |
|-------|---|--|
| 8:00 | Breakfast | |
| 9:00 | Not better, not worse than | Surprises that happen to you when you are true to yourself |
| 10:30 | How do I live with all the suffering in the world | Questions and answers |
| 12:00 | Lunch | |
| 12:30 | Closing and Cleanup | |