**Co-Dependents Anonymous**

**Central Pennsylvania Regional Workshop**

**March 28, 2020**

**"Removing Roadblocks to Recovery in 2020”**



 **CoDA Workshops**

**9:00 am to 10:20 am -Healthy Boundaries**

**9:00 am to 10:20 am -Child Experiences and Healing**

***Break***

**10:35 am to 12 noon - Intimacy**

**10:35 am to 12 noon -Inner Child**

**Lunch provided from 12 noon to 1 pm**

***Pennsylvania United Church Center*, located at 900 S. Arlington Ave., Harrisburg, PA 17109, just off Route 83, Union Deposit exit.  We will have 2 consecutive workshops from 9 to 10:30, and another 2 workshops from 10:30 to 12 NOON.  Meet and Greet and Lunch will be provided from 12 Noon to 1:00pm.  From 1:00 to 2:00, recovering CoDA members will share their experience, strength and hope and how they have benefited from CoDA. Suggested arrival time is 8:30 am. A donation of $10 is requested to cover lunch, and donation to the facility, and please donate as you can.**

 **Contact jayg.coda@gmail, 717-319-6121, or lesliepetersrn.com**. [**http://coda.org/**](http://coda.org/)**, or** [**http://www.codaphilaarea.org/what\_is\_intergroup.htm**](http://www.codaphilaarea.org/what_is_intergroup.htm) **for information.**

  