



## 2024 CODEPENDENTS ANONYMOUS RETREAT JANUARY 12 – 14, 2024

### Welcome to CoDA Recovery: Using the Tools

Jumpstart your recovery with a weekend of fellowship, learning, and practice in the peaceful forest setting of Rainbow Lodge. Your registration includes all activities, workshops, and lodging, plus all meals for Saturday and Sunday. Space is limited – register soon!

Dates: Friday, January 12 – Sunday, January 14, 2024

Location: Rainbow Lodge Retreat Center  
46820 SE Mt. Si Road North Bend, WA

Registration: 7:00 pm Friday: no early check in or arrivals.  
No dinner provided Friday night.

Event Ends: Noon on Sunday

Cost: \$235 per person double occupancy room  
\$285 single occupancy room (limited number)  
*Plus an EventBrite processing fee.  
Registration fee is transferable but non-refundable.*

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#### Available Rooms

Because this is an all-gender retreat, we have a few options for you to choose from:

**Mixed-gender wings:** Two of the wings of rooms will house attendees of any gender. Each mixed-gender wing has a Women's and a Men's bathroom.

**Women-only wing:** One wing has been designated as women-only; female attendees can select this wing in their registration on a first-come, first-served basis. There will be a limited number of singles in this wing; most will be doubles. This wing has only a Women's bathroom.

See more details on EventBrite at [2024codaretreat.eventbrite.com](https://2024codaretreat.eventbrite.com)

**Questions?** Email us at [coda@toddandkim.net](mailto:coda@toddandkim.net) More information available at [hopeinrecoverywa.org](http://hopeinrecoverywa.org)

*Codependents Anonymous is a 12-step fellowship of people whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.*

## BUILD YOUR RECOVERY TOOLBOX

### LEARN TO LOVE YOURSELF

Practice self-compassion, positive self-talk, and other recovery tools to gain a new understanding and love for the beautiful person that is you.

### DISCOVER HOW TO SET AND ENFORCE BOUNDARIES

With readings and role-playing exercises, learn about internal and external boundaries – and why “no” is a complete sentence.

### PRACTICE HEALTHY COMMUNICATION

Learn how to improve your communication to ensure that it is clear, concise and honest, honoring both yourself and the person you are communicating with.

## REGISTER ONLINE

[2024codaretreat.eventbrite.com](https://2024codaretreat.eventbrite.com)

