



*Recovery  
Patterns*

CoDA Arizona Events Committee

# Sunday ZOOM SERIES

12:30 - 2:30 PM

(Phoenix, AZ, US Time)

<https://www.calculator.net/time-zone-calculator.html>

*Please keep in mind AZ doesn't change with daylight savings time*

<https://us02web.zoom.us/j/85067247533> ■ Password: 010247

Audio by Phone: (669) 900-9128

**Apr 14, 2024**

**Lyn + Cary**

**The self esteem  
patterns**

**Apr 28, 2024**

**Heidi A**

**Self Parenting  
using the 12 Steps**

**Apr 21, 2024**

**Jackie H**

**How the recovery  
patterns changed my  
daily 10th step**

**May 5, 2024**

**Sara J**

**Speaking on the Avoidance  
recovery pattern: I use direct and  
straightforward communication to  
resolve conflicts and deal  
appropriately with confrontations**

Suggested Donation for CoDA Members: \$5

7th Tradition Paypal: [Paypal.me/AnCorEvents](https://www.paypal.me/AnCorEvents)

Questions? [codaarizona@gmail.com](mailto:codaarizona@gmail.com)

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