**PROPOSED 2021 CoDA Retreat Agenda**

**\*\*Breaking Through the Codependent Mind\*\***

**October 22 - Friday Night**

5:30-7:00 Registration\*\*Buy Raffle Tickets\*\*

7:00-8:00 Fellowship and Dinner

8:00-8:20 Break

8:20-9:30 Create Mailboxes – Linda BF

9:30-? Fellowship: Games & Fun

**October 23 - Saturday Morning (AM)**

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| 7:00-8:00  | Yoga-Shannon  |
| 8:00-9:00  | Breakfast  |
| 9:00-10:30  | CoDA Leadership Meeting  |
| 10:30-10:45  | Break  |
| 10:45-11:30  | Relationships in CoDA - Delphine & David L.  |
| 11:30-12:00  | Break  |

**Saturday Afternoon (PM)**

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| 12:00-1:00  | Lunch  |
| 1:00-2:00  | The Bounce Back Workshop- Jessica D.  |
| 2:00-2:15  | Break  |
| 2:15-3:15  | Recovery in Relationships, A Real Discussion – Kim S.  |
| 3:15-3:30  | Break  |
| 3:30-5:15  | Intuitive Art Fun – Led by Tangerine R.  |
| 5:15-6:15  | Dinner  |
| 6:15-7:00  | CoDA Meeting & Raffle - Tracey G.  |
| 7:00-8:30  | Darlene L. - Keynote Speaker Presentation  |
| 8:30-9:00  | Break  |
| 9:00-10:00  | Camp Fire, S’mores, Music and Sharing  |

**October 24 - Sunday Morning (AM)**

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| 7:00-8:00  | Yoga- Shannon  |
| 8:00-9:00  | Breakfast  |
| 9:00-10:00  | CoDA Texas Leadership Meeting (only If needed)  |
| 9:00-10:00  | Raffle/Postcard from the Future - Brittany H.  |
| 10:00-10:15  | Break  |
| 10:15-11:30  | Affirmation Circle, Closing Ceremony, Candle Lighting Ceremony - Lisa C.  |

Pack up and depart for home with your Awesome & Amazing self! Don’t forget your mailbox!