**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)**

|  |  |
| --- | --- |
| 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)**

|  |  |
| --- | --- |
| 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)**

|  |  |
| --- | --- |
| 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!