

2016 SoCalCoDA CONFERENCE WORKSHOP & ACTIVITIES SCHEDULE

FRIDAY, MAY 13, 2016 see other side for more details

Location	Rio Vista Salon F-G
4:00-6:00PM	Create a Gratitude Board-A gratitude board is ... exactly that: It's a vision board that's all about the things in your life that make you feel grateful and appreciative.
Location	Rio Vista Salon H
3:00-6:00	SoCal Quarterly Meeting - Open to all

SATURDAY, MAY 14, 2016 see other side for more details

Location	Balboa 1		
7:30-8:30AM	Meditation Variations-Explore new ways to meditate as we work the 11th Step and seek to improve our conscious contact. Guided meditation, mantra, walking, and diaphragm breathing.		
Location	Salon A,B,C	Salon D	Sierra 5
9:00-10:15AM	Finding a Higher Power that Works In my early recovery the "God as we understood God" was not the one I was excited about "turning my will and life" over to. In this exercise with the groups, individually, and working with another, we'll find a way to reveal a New Higher Power that Works that will allow us to enthusiastically make that Step Three decision. Knowing a powerful, unconditionally loving HP has my back, I have a lot more energy to live life.	Fix Your Picker! Do you keep picking the wrong kind of partner for yourself? Perhaps you don't even pick, but simply attract the wrong people? You may be suffering from a "broken picker". You should really get that fixed.	Creating My Own Family of Choice Many of us grew up in moderately and/or severely dysfunctional families that did not nurture our needs and we did not develop our true selves. In CoDA we foster deep connections with others and grow in intimacy with a new family of our choice. It is a process to trust others and to uncover, discard all that we are carrying from our family of origin.

BREAK

10:30-11:45AM	From the Inside Out - A Journey of Healing Share my story of addiction, incarceration and family history. Growing up with false beliefs. How CoDA and working the steps, using tools from the program has transformed me.	Healthy Talk: Core Communication Skills for Loving Relationships We will review and role play several core communication skills that are fundamental for any type of loving relationship. They include reflections, pointing out strengths, and relating. We will review and role play each skill with a neighbor. We will then process as a group on how it was for everyone.	Soltar y Dejar al Poder Superior Actuar El camino de la entrega y la verdadera liberacion es por medio de soltar y dejar al Poder Superior que actue en nosotros. Lo que buscamos lo podemos encontrar dentro de nuestro propio Ser.
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NOON *Assembly Luncheon and Meeting in Cabrillo Salon*

2:15-3:30PM	Finding Balance in my 4th step - Uncovering Assets along with Characteristics The 4 th step is an invitation to really get to know who we are and why we behave the way we do. We are encouraged to look at the coping skills we have used to survive and recognize how they affect us. When we can see our patterns or characteristics clearly, we can become more aware the story we operate under today. In the inventory process we are also asked to look at our positive character traits, strengths, values and assets. This workshop will allow us to explore all these aspects and include them in our toolbox for recovery.	Communicating with Self and Staying in the Now Interactive discussion workshop - Communication and awareness of self in current situations and circumstances to promote effective communication with others and self in the present moment.	Comunicacion Sana para Relaciones Sanas Una buena comunicaci3n puede liberarnos de nuestros patrones de comunicaci3n codependientes. Que pienso, Como me siento ye Que necesito...C3mo lo comunico?
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BREAK

3:45-5:00 PM	Transforming Ego Unconsciousness to Higher Power Consciousness by using the Steps We will learn and discuss how to recognize when we are operating in ego unconsciousness. We will be taking an in-depth look at Step Three and utilizing it as a method of transforming ego unconsciousness into Higher Power Consciousness. We will also learn how to utilize self-awareness as a means of being in Higher Power consciousness in our everyday life.	Shame: The Mother of Codependency Shame is a condition of our psyche and our soul that is an emotional response acquired early in development. Awareness of shame, what shame is and how it came to be is the beginning of the recovery process. This workshop is an in-depth study of what exactly shame is, how it is passed down and takes root, its devastating effects, and finally strategies to love it back to health.	Stepping Out Making amends, experience, strength and hope with working Steps 8 and 9.
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Location	Cabrillo Salon
9:00- 12:00 PM	Dance

SUNDAY, MAY 15, 2016 see other side for more details

Location	Balboa 1
7:00-8:00 AM	Morning Meditation-A brief Q&A about prayer and meditation and then 2 or 3 short meditations of 5-10 minutes each.