

## 2009 So. Cal Regional CoDA Conference – Workshop Schedule

7:30 ~ 8:30 a.m.	Room: Tuscany I Meditation Meeting		
8:30 ~ 10:00 a.m.	Room: Tuscany I Workshop A Title: If anonymity is the spiritual foundation of all our traditions, where is it in Traditions 1 – 11?	Room: Tuscany II Workshop B Title: The Victim The <b>patterns</b> that get us there and the <b>steps</b> to freedom	Room: Tuscany III Workshop C Title: What brings you joy?
10:00 ~ 10:15 a.m.	Break	Break	Break
10:15 ~ 11:45 a.m.	Room: Tuscany I Workshop A Title: Meditation workshop A pathway to physical, emotional and spiritual healing	Room: Tuscany II Workshop B Title: 21 <sup>st</sup> century man and codependency Men's only workshop	Room: Tuscany III Workshop C Title: Women being authentic in recovery Women's only workshop
12:00 ~ 2:00 p.m.	SoCal Assembly Meeting and Luncheon		
2:00 ~ 3:30 p.m.	Room: Tuscany I Workshop A Title: The power of No	Room: Tuscany II Workshop B Title: The traditions in all my affairs	Room: Tuscany III Workshop C Title: Relationship Recovery: and to practice these principals in all our....."relationships
3:30 ~ 3:45 p.m.	Break	Break	Break
3:45 ~ 5:15 p.m.	Room: Tuscany I Workshop A Title: Peeling the Onion	Room: Tuscany II Workshop B Title: Attempting Personal Anonymity in a Codependent life	Room: Tuscany III Workshop C Title: The 7 <sup>th</sup> Tradition
2009 SoCal Regional CoDA Conference Workshop Schedule <b>Sunday</b> – June 7 <sup>th</sup> 2009			
8:00 – 9:00	Room: Tuscany I 11 <sup>th</sup> Step Meeting		