

2007 New England Codependents Anonymous (CoDA) Convention
Workshop Schedule
November 10, 2007

Workshops 1

9:45 – 11:00

R o o m

- **Boundaries** – Bonnie **Venice**
Find it difficult to say “no”? Why is this so? Come explore the process of self care, setting limits and self protection. Discuss the underlying issues for what holds us back from setting boundaries and share experiences of hope.

- **Shame** - Steve **Pescara A**
Why do I feel shame? Where does it come from? Do I have shame-based behavior? What can I do about it? Come discuss shame-driven behavior and how it hurts us.

- **Dare to Be Happy** – Jen **Tuscany**
... to be that which God intended - precious and free. When was the last time you felt precious and free? Let's tear down a wall, release a chain or breathe truth into a lie that keeps you from being happy. Lets do it today ... I dare ya!

- **Surrender/Working Steps 1, 2 and 3** – Tracy **Florence/Milan**
“The harder I try, the more likely I'll be able to get what I want”. This deep held belief doesn't work and leaves us feeling exhausted and our lives feeling unmanageable. Discuss how working Steps 1, 2 and 3 can bring a new peace as we stop trying to fix the unfixable and move toward “I can't, He can, and I think I'll let Him”.

Workshops 2

11:15 – 12:30

- **Understanding Addiction: Attachment/Insanity** – Kathy **Venice**
Attachment and addiction cause great suffering. If we look to others to save us and make us whole, another addiction has set in. Our dependency grows until we become conscious and learn to detach, one moment at a time. Come share your experience, strength and hope of recovery.

- **Self Image/ Self Portrait** – Cindy **Pescara A**
Draw a self portrait - Yes you can! Drawing supplies and guidance provided. Let's explore our self image. We will look into what makes us each unique, how we see ourselves and why? How do we think others view us? Afterwards, we will share openly about insights we've gained on deep-seated thoughts and celebrate gifts we've discovered about ourselves.

- **Making Healthy Relationship Choices** – Maureen **Tuscany**
As we progress through recovery, we learn we can no longer form relationships solely on the basis of attraction. The more we work through our family of origin issues, the less we will find ourselves needing to work through them with the people we're attracted to. Lets discuss how the more we learn to love and respect ourselves, the more we will become attracted to people who love and respect us.

- **Accentuate the Positive: The Power of Affirmations** – Kristen **Florence/Milan**
We admitted we were powerless over others... AND we can own our power to recognize the negative rules, programming and self-defeating self-talk that keep us down, look at them in the light of day, and craft affirmations to replace those "old tapes" with positive, life enhancing messages that power our recovery.

L u n c h 12:30-2:00

Lunch 12:30-2:00

Workshops 3

2:00 – 3:15

Room

- **Food and Codependency** – Michelle **Tuscany**
What do food, eating issues and exercise have to do with codependency? How do we take care of our physical body? Do we obsess or feel compulsive? Discuss how codependency recovery helps to bring balance, self care, hope and sanity to our lives.
- **Sex and Intimacy** – Guiseppi **Pescara A**
Sexual fears and feelings of shame can play a role in codependency and can definitely take away from an important part of intimacy between any two partners. I hope these discussions and my sharing would encourage or free some of you up about these issues.
- **Self Defense/Trust** – Alexis/Cheryl **Venice**
Verbal or physical defense - when is the right time and place for them? Discover the fears that keep us from protecting our self in a healthy way. Come share in the discussion and experience some martial arts techniques.
- **Abandonment** – Christine **Florence/Milan**
Abandonment creates fear, and fear creates a false core identity, in a world where God meant for us to blossom greater than the lilies of the fields. Share your experience, strength and hope.

Workshops 4

3:30 – 4:45

- **Dealing with Clutter** – Phyllis **Pescara A**
Having trouble "making decisions" about the stuff cluttering up your life because there are powerful "feelings" at stake? Coping with clutter is not just about cleaning up your house -- it's about cleaning up your life.
- **Couples in CoDA Recovery** – Mark and Joyce **Venice**
This workshop will explore healthy interdependence in loving relationships. We will also discuss love lies and why we believe them, codependence, and dysfunctional expectations. This is an interactive workshop with an emphasis on the 12 steps of Co-Dependents Anonymous.
- **The Promises: Are They Really Affirmations in Disguise?** – Lisa **Tuscany**
And for that matter, are affirmations really promises in disguise? Come and explore this thought at an interactive workshop! We will discuss the power of affirmations and the hope of the Promises, and the reason both can work miracles in our lives.
- **Let Go & Let God** – Jen **Florence/Milan**
In CoDA the only requirement for membership is a desire for healthy and fulfilling relationships. Have you ever thought of your "bridge to a higher power" as a relationship? This workshop will explore the benefits and struggles of forming, trusting, and maintaining that all-powerful relationship with your higher power.