

# CoDA Seabeck Fall Retreat 2018

## *Aware Enough Not to Repeat It*

**Friday, October 19 (5:00pm) – Sunday, October 21, 2018 (1:30pm)**

**Where: Seabeck Conference Center (360-830-5010)  
15395 Seabeck Hwy NW, Seabeck, WA 98380**



**Cost:** Entire conference \$170  
Entire conference *single room* \$210\*  
(three available, first come basis)  
Saturday only \$90\* (breakfast, lunch, dinner)

**\*SEND IN PAYMENT POSTMARKED  
BY AUGUST 15 AND TAKE \$10 OFF**

**NO REFUNDS after September 19, 2018**

**How:** Mail this form and payment (US Funds only) to:

Tuesday Night CoDA WA-128  
1511 So 14<sup>th</sup> St  
Tacoma, WA 98405

## Fellowship – Workshops - Raffle

**What to bring:** Toiletries, snacks to share, musical instruments, stuffed animals, flashlight, and journal.  
**Bedding and towels are provided.**

**Questions? Contact:** Janell 253-208-8901, email: [jjholman@net-venture.com](mailto:jjholman@net-venture.com)  
OR

Pam 253-312-8235, email: [pthiemannster@gmail.com](mailto:pthiemannster@gmail.com)

**For more information on CoDA and upcoming events go to: [Southsoundcoda.org](http://Southsoundcoda.org)**

# Codependents Anonymous is a 12-step Program of Recovery



## Schedule

### Friday

5:00 pm	Registration
6:30 pm	Dinner
8:00 pm	Welcome, Opening – Pam T and Janell
9:00 pm	Fellowship

### Saturday

8:00 am	Breakfast	
9:00 am	Recognizing What I am Doing and Not Staying Stuck for Days	Getting Out of Relapse – Back Sliding
10:30 am	Focus	Active Listening vs Crosstalk
12:00 pm	Lunch	
1:00 pm	Free Time/ Art	
2:00 pm	Repetition – Insanity	Respond vs Reaction
3:30 pm	Contempt Prior to Investigation – Open Minded – Willingness	Am I Stuck in Old Patterns
5:00 pm	Free Time/ Art	
6:00 pm	Dinner	
7:00 pm	Raffle	
7:30 pm	Key Note Speaker	
9:00 pm	Fellowship	

### Sunday

8:00	Breakfast	
9:00	Awareness	
10:30	How am I Living my Life	
12:00	Lunch	
12:30	Closing and Cleanup	

## Registration Form

(This information will be kept confidential)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

\*Unless otherwise requested, communication will be sent by email.

Room types: Single or Share (Not Handicapped Accessible): \_\_\_\_\_

Special Dietary Needs (be specific so Seabeck can best meet your needs): \_\_\_\_\_

### Service opportunities:

Volunteer for:

Snack Food \_\_\_\_\_ yes

Clean-Up \_\_\_\_\_ yes

Carpool Driver \_\_\_\_\_ yes

Raffle Ticket Sales \_\_\_\_\_ yes

Donate Raffle Basket \_\_\_\_\_ yes

**Volunteer to be a Group Session Leader:** \_\_\_\_\_ yes

Group sessions last approximately 1-1/4 hours. You do not need years in recovery to be a group leader. As a leader, you share your story or activity on the topic and open the group to sharing. If you want limited crosstalk during your workshop specific guidelines should be announced at beginning of workshop.

**Registrations, Requests for scholarships and Payment must be received by September 19**  
***No refunds after September 19***

Fill out this form and mail it with your check made payable to: **Tuesday Night CoDA WA-128**

***We currently have three double occupancy half scholarships available. Additional half scholarships dependent on donations.***

☐ Enclosed is my check in US funds for \$170/\$210 (\$160/\$200 if postmarked by September 15), which includes meals (*Friday dinner – Sunday lunch*), or \$90 (\$80 if postmarked by September 15), which includes all meals (Saturday only). I understand that there will be no refunds after September 19, 2018.

☐ I am applying for a half scholarship (one half of your payment will be refunded if you receive a scholarship) Scholarships will be made by lottery.  
Notifications of who received scholarships will be made on or before September 19, 2018.)

☐ I am enclosing a donation for the scholarship fund. (This is greatly appreciated if you can afford to give.)