

Spring Into Recovery

The Higher Power Connection

A Spiritual Program of Recovery

8th Annual CoDA Mini-Conference
Saturday May 18, 2019



The Hope In Recovery meeting of Codependents Anonymous is excited to bring you another outstanding event with quality speakers, inspiring workshops, healthy food, and the opportunity to connect with others in recovery.

This year's conference focuses on the higher power connection in CoDA recovery. Through speakers' stories and breakout sessions you'll hear how unique the Higher Power Connection is to each of us, the various ways of finding a higher power and the role spirituality plays, and how to integrate a higher power into your daily life. You'll learn the benefits of putting your faith in a power greater than yourself, feeling connected to the greater world around you, finding meaning and purpose to your life and being more present and mindful.

Speakers

This year Donna B., and other speakers cover topics such as Do I Really Need a Higher Power to Recover, Overcoming Resistance, and How My Higher Power Changed My Life

Breakout Sessions: Getting Started, Overcoming Resistance, Strengthening the Connection, When Your Higher Power Isn't Named God, Daily Integration, CoDA Meetings, and more!

Date: Saturday May 18, 2019

Time: 9 am – 4:30 pm

Registration: 8:30 am – 9 am

Location: Crosspointe Church | 19527 104th Ave NE | Bothell, WA 98011

Cost: \$50 early bird registration (before May 5th) | \$60 general registration (until May 16th) | \$75 day of registration (payable at the door via cash, check or money order)

Registration Fee: Registration fee is transferrable but non-refundable

Register Online: <https://hopeinrecoverywa.org/events/> (additional fees apply)

Lunch: Lunch is provided for those that pre-register. Lunch cannot be guaranteed for those registering at the door.

Questions: coda@hopeinrecoverywa.org, 425-998-9029

To Pay By Check

(Note: checks must be received by May 5th for early bird registration and May 16th for general registration)

Make check payable to: Hope in Recovery

Hope in Recovery
P.O. Box 3492
Kirkland, WA 98083-3492

Name: _____ Email: _____ Phone: _____

Volunteering I am willing to volunteer at the mini conference

Special Dietary Needs

Non-Celiac Gluten-Free
 Vegan