

CoDA Seabeck Fall Retreat 2019

Spirituality in Recovery

Friday, October 18 (5:00pm) – Sunday, October 20, 2019 (1:30pm)

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



Cost: Entire conference \$175*
Entire conference *single room* \$215*
(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 18, 2019

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

Tuesday Night CoDA WA-128
1511 So 14th 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

OR

Pam 253-312-8235, email: 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
7:30 pm	Welcome, Opening -
9:00 pm	Fellowship

Saturday

8:00 am	Breakfast	
9:00 am	workshop	
10:30 am	workshop	
12:00 pm	Lunch	
1:30 pm	workshop	
3:00 pm	workshop	
4:30	Free time	
6:00 pm	Dinner	
7:00 pm	Raffle	
7:30 pm	Key Note Speaker	
9:00 pm	Fellowship	

Sunday

8:00	Breakfast	
9:00	workshop	
10:30	workshop	
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 Seaback 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 18
No refunds after September 18

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

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

Enclosed is my check in US funds for \$175/\$215 (\$165/\$205 if postmarked by August 15), which includes meals (*Friday dinner – Sunday lunch*), or \$90 (\$80 if postmarked by August 15), which includes all meals (Saturday only). I understand that there will be no refunds after September 18, 2019.

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 18, 2019.)

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