



MinnCoDA presents

Workshop for CoDA members



**COLUMBIA HEIGHTS
PUBLIC LIBRARY
3939 CENTRAL AVE NE
COL. HEIGHTS**



JUNE 20
SATURDAY
1:00–4:00pm



A COMPASSIONATE 4TH STEP IN CODA

Not sure how/where to start? Feel overwhelmed or stuck?
Want something CoDA specific?

We will be working with one specific method that uses
the Recovery Patterns of Codependence.

Workshop includes time to:

- Work through the tool
- Ask questions
- Journal and discuss



Bring your journal or notebook.

Handouts and refreshments provided.

Good for first timers or those who have taken this step before.



MinnCoDAEvents@gmail.com



MinnCoDA.org



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