

21st CoDA Annual Weekend Retreat:  
"Connect The Dots on Your Path to  
Recovery"

June 4<sup>th</sup> - 6<sup>th</sup>, 2010

**Suggested Checklist of Items to Bring:**



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- Bedding:  sheets       blankets       pillows  
 plastic sheet for your cot if you wish  
 sleeping bag instead of blankets
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- Indoors:  Towels       Toiletries       Hair Dryer  
 Electric Fan (outlets are by the cots)
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- Outdoors:  bathing suit       sunscreen  
 bug repellent (there may be ticks)
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- Flashlight
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- Your favorite musical instrument(s) - a jam session  
always seems to develop
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- Lyric sheets so people can sing along
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- Crayons, markers, pen, pencil, journal, cards, board  
Games
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- Beach blanket and chairs (there's a "beach" by the  
lake)
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- Sturdy shoes for wooded trails
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- Reading glasses
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- Teddy bears (welcome at no extra charge)
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- Your Inner Child (welcome at no extra charge)
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- the Higher Power of your choice
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**2010 Philadelphia Area CODA Intergroup's**  
**21<sup>st</sup> Annual Weekend Retreat:**  
***“Connecting the Dots on Your Path to Recovery”***

**Directions to Camp Nock-A-Mixon**

249 Traugers Crossing Road  
Kintnersville, PA 18930  
610-847-5963

**From Philadelphia:** Take the PA Turnpike to Willow Grove Exit #27. Take Route 611 North (bypassing Doylestown on the Expressway.) Continue on 611 North. From the 611 North, Easton sign, go 18 miles. Pass the Ferndale Inn, proceed for  $\frac{3}{4}$  mile to Camp Nock-A-Mixon sign on the left. Turn left onto Traugers Crossing Road. Stay to the right 1  $\frac{1}{4}$  miles to the camp entrance on your right.

**From New Jersey:** Route 9 North to Route 19 North to Route 1 North to Route 278 north (New Jersey residents can take Route 80 West to Route 287 South or Garden State Parkway to Route 287 North) Route 22 West to Route 202 South toward Flemington. Then take Route 12 to Frenchtown, cross the bridge over the Delaware River. Make a Right on Route 32 to 611 South. Turn Left on Route 611 Past Kintnersville for 1 mile to Camp sign on the Right. Turn Right onto Traugers Crossing Road. Stay to the Right 1  $\frac{1}{4}$  miles to the camp entrance on your right.

**From New York:** Verrazano Bridge to Route 278 West to Route 440 South (Outerbridge Crossing) then to Route 440 West to Route 287 North to Route 22 West to Route 202 South toward Flemington. Then take Route 12 to Frenchtown, cross the bridge over the Delaware River. Make a Right on Route 32 to 611 South. Turn Left on Route 611 Past Kintnersville for 1 mile to Camp sign on the right. Turn right onto Traugers Crossing Road. Stay to the Right. 1  $\frac{1}{4}$  miles to the camp entrance on your Right.

**Alternate routes from New York and New Jersey:**

**1.** Verrazano Bridge to Route 278 West to Route 440 South (Outerbridge Crossing) then to Route 440 West to Route 287 North to 78 West to 611 South. Then go approximately 13 miles to Camp sign on the right. Turn right onto Traugers Crossing Road. Stay to the right 1  $\frac{1}{4}$  miles to the camp entrance on your right.

**2.** George Washington Bridge to Route 80 West to Route 287 South to 78 West to 611 South. Then go approximately 13 miles to camp sign on the right. Turn Right onto Traugers Crossing Road. Stay to the Right 1  $\frac{1}{4}$  miles to the camp entrance on your right.