

Friday, May 15, 2026

- 3:30 pm Hotel Check in
5:00 – 6:00 CODA Registration (Fiesta Room)
6:00 – 7:00. Welcome and Opening ceremony
7:00 – 8:15 Dinner (on your own)
8:15 – 9:30 Candle Light Meeting - Jerome

Saturday, May 16, 2026

- 7:00 – 8:30 Breakfast (on your own)
8:00 – 8:30 Day Tripper Registration
8:30 – 8:45 Morning Announcements and Workshop Overview
9:00 – 10:15 **WORKSHOP – Series #1 (3 Options)**
Workshop 1: Powerful You - Amanda B.
Workshop 2: What do you do at a red light? - Sharon R.
Workshop 3: Walking Through your fear - Kathy H.
10:30 – 11:45 **WORKSHOP – Series #2 (3 Options)**
Workshop 1: Pause - Janet McC.
Workshop 2: A spiritual solution to accepting others - Cindy R.
Workshop 3: Grief - Kathy H.
11:45– 1:30 **LUNCH ON YOUR OWN**
1:30 – 2:45 **WORKSHOP SERIES #3 (3 Options)**
Workshop 1: From Will to Willing - Jen K & Erin H.
Workshop 2: "Growing up in CoDA" - James K.
Workshop 3: Arresting Anxiety - Ramona P.
2:45 – 7:00 Free Time
3:00 – 4:15 Optional Open CoDA (Meeting Room #202)
3:00 – 4:15 Optional Open CoDA Meeting
5:00 – 7:00 Dinner on your own
Impromptu dinner meetup at 5:00 in Fiesta room
5:45 – 7:00 CoDAteen Meeting (Meeting Room #203)
7:00 Meet in Fiesta Room for games/raffle drawing
9:00 Candle Light Meeting - Jerome

Sunday, May 17, 2026

- 7:00 – 9:00 Breakfast (on your own)
7:30 – 8:30 Morning Affirmations - Kathy
9:00 – 10:00 Speaker Meeting
10:00 – 11:00 Hotel Check out
11:00 – 12:00 Rituals and Recovery – Jon F.
12:00 Closing

After Closing we need volunteers to help Clean-up

Just a reminder: PLEASE FEEL FREE TO FILL OUT

SURVEY form for next year's retreat committee before you leave. It really helps to know what people liked and what should or should not be included in next year's retreat. We hope you find this weekend full of fellowship, spirituality and healing.

Thank you for any and all service work you may have volunteered to do. With your service and commitment to carrying the message to those who still suffer, we appreciate your service in doing so, and look forward to many more healthy CODA retreats in the future. You are not alone, reach out to somebody if you need to when you get home and take care of yourself. Nurture your inner child as well.

Keep coming back, it works if you work it!!!!!!!!!!!!!!

**Hope to see you in Arizona at
CoDA's 40th Birthday Celebration October 22, 2026
and at this year's
International CoDA Convention (ICC)
October 23 - 25 2026**

NEW FRIENDS

Name: _____

Phone Number: _____

E-mail: _____

Name: _____

Phone Number: _____

E-mail: _____

Name: _____

Phone Number: _____

E-mail: _____

Name: _____

Phone Number: _____

E-mail: _____

Name: _____

Phone Number: _____

E-mail: _____

Name: _____

Phone Number: _____

E-mail: _____

Philadelphia Area CODA Intergroup

WWW.PHILLYCODA.ORG



“The Year of Love and Acceptance”

36th Annual CODA Retreat

Weekend

May 15, 16, 17, 2026

Location:

***El Coronado Resort on the Beach
8501 Atlantic Ave. Wildwood Crest, NJ 08260***

ElCoronado.com

(609) 729-1000