

2026 Retreat Workshops

Time	Room	Workshop Title	Overview
9:00 - 10:15		Powerful You - Amanda B.	This workshop is about taking back your personal power, owning and retaining it, and letting others keep their own power. We will have group discussion, sharing, and will write our personal power statements.
		"What do you do at a red light?" Sharon R.	"What do you do at a red light?" Stop, of course! Codependents often don't know what they're feeling. This workshop will give you a special practice to help you identify your feelings and what to do when you come to a red light feeling. Bring a journal and a pen.
		Walking Through your fear, and stop it from running your life - Kathy H.	In this workshop we will take a look at our fear. We will do a guided meditation, some writing, and worksheets to look at how to deal with fear, and to become more aware when Fear pops up in our lives, and learn to better handle it.
10:30 - 11:45		Pause - Janet McC.	As codependents we tend to overextend ourselves. Helping others and says 'yes'. We often give more energy out than we take in. We will do a couple of mindfulness techniques that can help us 'pause'. Evaluate our energy and motivation. We will journal the experience and share about it if you feel comfortable.
		A spiritual solution to accepting others - Cindy R.	Oftentimes we find our peace violated by the actions of others. We will learn how to be more accepting and understanding of their actions, even if we don't like it. Also, learn how to perceive them with increased spirituality and without violating our boundaries. We will delve into gender differences, cultural differences, love languages, and detachment with love.
		Grief - Kathy H.	Grief is a natural response to loss, it's the emotional response you feel when something or someone you love is taken away. We will be covering various types of grief and exploring the stages of grief. This grief workshop provides a safe, guided space to explore the complex emotions of loss.
1:30 - 2:45		From Will to Willing: Humility and Spiritual Listening - Jen K & Erin H.	Steps 7 & 11: Exploring humility, surrender, and spiritual connection. Through journaling, guided meditation, and two-way prayer, practice deepening your conscious contact with a Higher Power.
		"Growing up in CoDA" (Stages of development) - James K.	We talk, and read about our childhood development. Bring a picture of when you were little, share with the group about your childhood experienced.
		Arresting Anxiety - Ramona P.	We all experience fearful thoughts which trigger anxiety. Let's arrest it by learning the root cause and recovery tools that help.