2026 Workshop Schedule - Subject to change
https://scruzcodaretreat.org/pdf/2026-schedule.pdf
To help you plan your conference, here is a sneak-peak at the schedule. Be sure and pick up an official schedule when you arrive just in case we make a change.

Our Chosen Family

Saturday, August 8, 2026
Where: London Nelson Community Center
301 Center St. Santa Cruz CA 95060

Conference at a Glance

Time	Room #3	*Room #5*	Room #7
9:15 AM	**Continental Breakfast / Registration**		
9:45 AM	**Opening.** Serenity prayer, 12 steps, 12 traditions. **Nanci A.**		
10:00 AM –11:10 AM	**Our Chosen Family & Higher Power – Kathryn T**	**Working the Program: 12 Tools of CoDA – Michelle M**	**On Being Nice – Eric M**
11:20AM – 12:30 PM	**Good Orderly Direction - Issues With The G-O-D Word. – Pacia D.**	**A Balanced Life Through Boundaries – Marily B.**	**You don't know what you don't know. Tools to help build our healthy selves. Elaine S.**
12:30 PM – 2:30 PM	Lunch on your own ***If you want to attend the lunchtime CoDA meeting, it is best to bring lunch.***		
12:30 PM – 2:20 PM		**NCC Assembly Business Meeting. All members are encouraged to attend. – John Y.**	
1:00 PM – 2:20 PM	**CoDA Meeting. Heather R.**		
2:30 PM – 3:50 PM	**Triumph over Trauma – Molly R.**	**Unacceptable – Michelle M.**	**Boundaries In An Ocean Of Needs – Jay T.**
3:50 PM – 4:00 PM	**Closing /Cleanup**. Thank you, Affirmation, promises, unity prayer. **Nanci A**.		
8:00 PM	**Seabright State Beach CoDA meeting. Seabright State Beach**		

This CoDA conference is facilitated by others in recovery. Feel free to participate in as little or as much as you are comfortable. It's ok to quietly step out of any workshop in which you feel triggered, unsafe or reactive. We encourage self-care and expressing your feelings with a sponsor or member of the fellowship with whom you feel safe. Please refrain from using phones or recording during the sessions. Please respect the anonymity and confidentiality of what is shared by others. Take what you like and leave the rest.

2026 Workshop Schedule - Subject to change

To help you plan your conference, here is a sneak-peak at the schedule. Be sure and pick up an official schedule when you arrive just in case we make a change.

9:15 – 9:45AM

Room 3 - Continental Breakfast / Registration

9:45AM – 10:00AM

Room 3. Serenity prayer, 12 steps, 12 traditions. Nanci A.

Session 1: 10:00AM – 11:10AM Workshop options

Room #3 – Our Chosen Family & Higher Power – Kathryn T

Key to living a loving life in recovery from codependency are:
Choosing healthy internal & external boundaries with 1) our own self, and 2) others, and
Developing a relationship with a Higher Power of my own understanding, whether I am agnostic, atheist or theist.

For many of us, codependency developed in childhood. Our family of origin is one source of both wounded people with unhealthy relationship skills, as well as our own wounds and triggers. An essential step in our recovery is the process of finding other recovering codependents with whom we experience healthy interactions, forming the foundation for our chosen family. The circle around our chosen family is a healthy boundary. Other people in recovery move in and out of the circle of our chosen family throughout our lives.

Kathryn T. (Santa Cruz) began working the CoDA program of recovery by attending CoDA meetings summer 1987 in Santa Cruz, CA and once in Delhi, India in 1988. After entering "these rooms" in 1983 for twelve step programs, discovery and recovery, she has participated in five writing workshops based on three recovery texts since 1991. Kathryn shares experience, strength and hope in recovery with sponsors and sponsees; through intergroup → international conferences, meeting and workshop participation; facilitating meetings; designing and delivering keynotes, joyshops; and in service to the CoDA community.

Room #5 – Working the Program: 12 Tools of CoDA – Michelle M

This workshop explores the Working the Program document. The document walks one through the 12 Tools of CoDA as outlined Working the Program: 12 Tools of CoDA – Michelle M in the Daily Program Journal. It has been used by newcomers and old-timers alike throughout Northern California since 2016 as a basis for tools discussion in meetings, as a form of temporary sponsorship, co-sponsorship, and as a guide for self-study. It is an excellent way to build a strong CoDA program foundation. And is often an excellent companion or precursor to working the steps.

Michelle M. is in her 10th year in CoDA. She has held several positions at the meeting level and has some experience at the intergroup level over the years. She began sponsoring in her first year using Working the Program: 12 Tools of CoDA, then the 30 & 40 Questions. As well as continuing with long-term sponsorship, she enjoys attending and speaking at conferences throughout Northern California.

Session 1: 10:00AM – 11:10AM continued…

Room #7 – On Being Nice – Eric M
– A think tank style workshop about the ramifications of being nice.

Eric M (Santa Cruz) is a recovering codependent with a 31-year medallion which helps him share his experience, strength and hope in healthy ways.

Session 2: 11:20AM – 12:30PM Workshop options

Room #3 - Good Orderly Direction - Issues With The G-O-D Word. – Pacia D.
Does the word "god" trouble you in any way? In CoDA, we each learn to build a bridge to a higher power of our own understanding, and we allow others the same privilege. Come explore and share alternative higher power concepts that can restore us to sanity, bring us clarity, and foster the serenity we all deserve**!**

Pacia D: I joined CoDA in January of 2013 looking for a deeper understanding of the root causes of my unhealthy yet compulsive behaviors. Having always had discomfort with the word "god," I have enjoyed the winding and ever-evolving path to a higher power of my own understanding that 12-Step programs afford. Growing up with no religious practice gifted me with a blank canvas when my journey began, and I've been filled with gratitude as I add color, shade and nuance to it along the way.

Room #5 – A Balanced Life Through Boundaries – Marily B.

We will explore creating a more balanced life from the perspectives of determining priorities and considering boundaries. This is an interactive, hands-on workshop with the goal of coming away with a clearer understanding of what is most important to you at this time in your life and your recovery journey. The main tools are a Wheel of Life handout, the free downloadable Establishing Boundaries in Recovery CoDA pamphlet, https://coda.org/wp-content/uploads/Boundaries.pdf and the section "What Are Boundaries" on Pages 108-112 in the Codependents Anonymous Blue Book, 2nd Edition.

Marily B. has been a member of CoDA since 2010, holding several service positions including meeting, intergroup, voting entity, and World levels. Having worked the Steps and Traditions several times with sponsors and having sponsored others, I am currently working the Service Concepts in a group and the Recovery Patterns with my sponsor. Always amazed how beautifully synchronistic life is, I am now grateful to recognize growth opportunities for the blessing they are.

Room # 7: You don't know what you don't know. Tools to help build our healthy selves. The ongoing challenge in recovery, called: You – Elaine S.
When life throws us curveballs, we have tools to get us back on track.

Elaine S (she/her) has been in CODA for over 20 years. I am extremely grateful for the tools. I've learned to apply the 12 steps and Traditions into my daily life. I live a quality life as a result 💙

12:30PM – 2:30PM

If you want to attend the lunchtime CoDA meeting, it is best to bring lunch.
In keeping with Tradition 6, we do not endorse or recommend any of the following establishments. They are simply provided for convenience to those not familiar with the area.

- **Jack's Hamburgers**
- **Kianti's Pizza and Pasta**
- **Pizza my Heart**
- **Santa Cruz Coffee Roasters**
- **Hulu's Island Grill**
- **Pretty Good Advice**
- **Taqueria Jalapenos**
- **Nick the Greek**

12:30PM – 2:20PM

Room #5 - NCC Assembly Business Meeting. Motions taken surrounding the upcoming policy changes CoDA World is considering **All members are encouraged to attend.** – **John Y.**

1:00PM – 2:20PM

Room #3 CoDA Meeting. Secretary: Heather R.

Session 3: 2:30PM – 3:50PM Workshop options

Room #3 - Triumph over Trauma – Molly R

This workshop will offer a brief chronicle of the speaker's journey of recovery from trauma to triumph, the tools she used in her 12-step healing process and the life-affirming support the CODA community provides.

Molly will discuss what she learned about how trauma in our families of origin set us up to be codependents and how the tools she used took her journey deeper into the primary and secondary symptoms of codependency to better understand the resulting suffering and unmanageability she was experiencing in her relationships. Today, Molly lives joyfully on the manageable side of this disease!

During the workshop, Molly will explore how **Our Chosen Family** in CODA supports our recovery journey and how healing from codependency requires working a program that teaches us how to consistently affirm and nurture ourselves, set limits with ourselves and others, identify ourselves, care for ourselves and moderate ourselves, in all our affairs. – **Molly R**

Molly R. (Santa Cruz) – Through the grace of God and the program of Codependence Anonymous, Molly R. has twenty-five years of CODA recovery, is a happily married mother of one, a private practitioner who offers trauma education through her business. Molly is a grateful member of CODA since 1990.
A handout will be provided. Please bring a pen in the event you'd like to take notes.
I hope to see you there.

Session 3: 2:30PM – 3:50PM Continued…

Room #5 - Unacceptable – Michelle M.

This workshop explores family dysfunction, sexual trauma, inner child work, and boundaries as seen through the individual lens. It is a story of one woman's life and multifaceted twelve step journey as she shares her experience, strength and hope, wishing that her words might help others.

Michelle M. is in her 10th year in CoDA. She has held several positions at the meeting level and has some experience at the intergroup level over the years. She began sponsoring in her first year using Working the Program: 12 Tools of CoDA, then the 30 & 40 Questions. As well as continuing with long-term sponsorship, she enjoys attending and speaking at conferences throughout Northern California.

Room #7 - Boundaries In An Ocean Of Needs – Jay T.

Everyone has boundaries whether they are respectful or not. This workshop is about learning to define flexible respectful boundaries, and set them for yourself, and how to differentiate between porous, or rigid boundaries. Roleplaying with a partner one at a time, and feedback from a boundaries perspective will take place.
Then we will one by one answer the tough questions: What is my motivation in setting this boundary? Is my boundary rigid, flexible, or porous? What do I do if my boundary is disrespected or repeatedly rejected? Is it time to walk away, and what would be the consequences? What do I do if I'm the person with a disrespectful attitude and behavior toward a boundary? Is it time to compromise, cooperate, or negotiate? We tie in how the steps fit into all of this; how we practice the principles of the steps in all of areas of our lives including working on healthy boundaries.

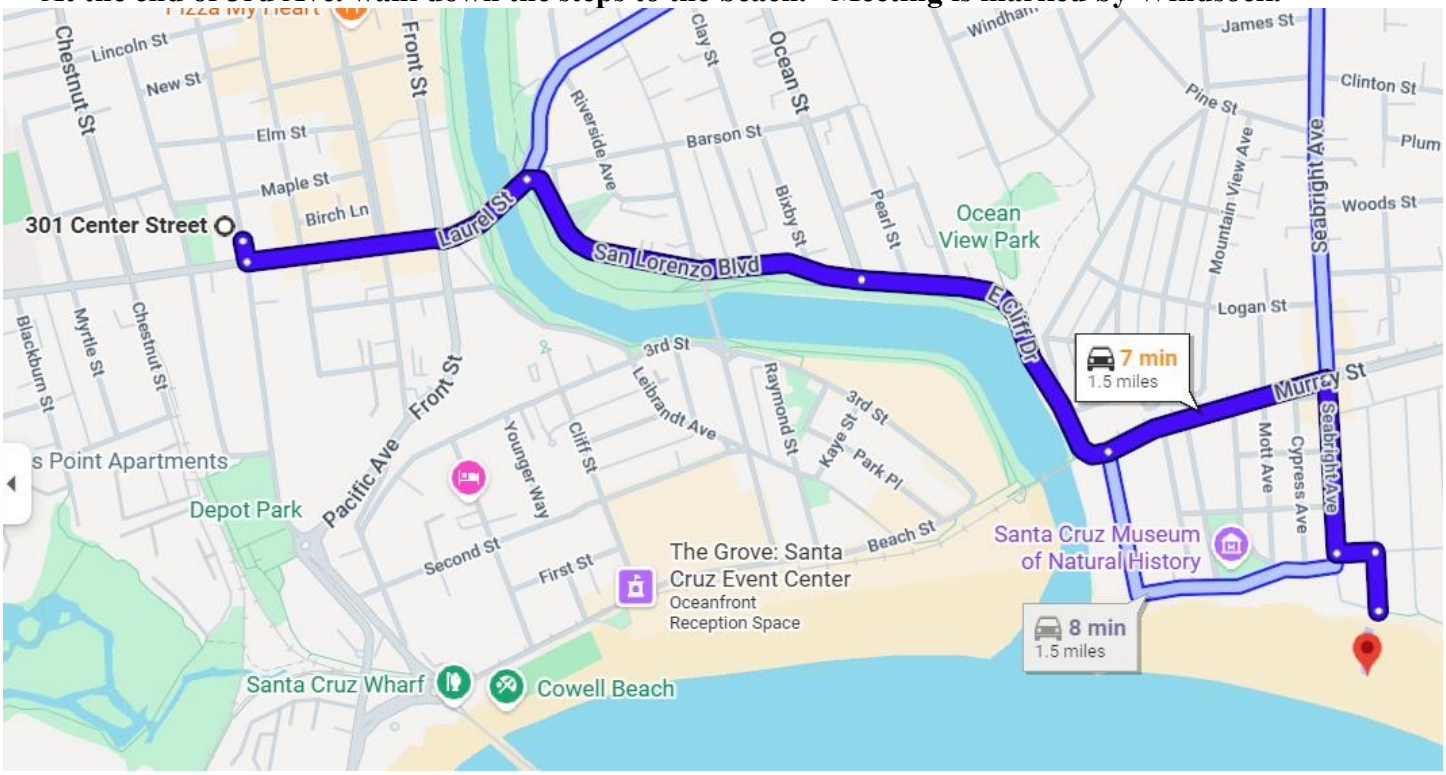
Jay T came to CoDA in 2014 in Oakland. Their first home meeting was the Women, Nonbinary Folks and Trans People's CODA Meeting at the historic First Congregational Church of Oakland, which is now hosted on Zoom. The compliance and low self-esteem patterns really stood out to Jay when they were a newcomer. Jay has found a lot of value in CODA and continue to as the program grows. Jay has sponsored 18 people all the way through the twelve steps. They have worked the steps themselves with a sponsor 7 times and are on the 8th time now.

3:50PM – 4:00PM

Room #3 – Closing / Clean-up

8:00PM – 9:30PM

You are invited to the Seabright State Beach CoDA meeting.
Seabright State Beach Meeting Directions:

Turn L on **LAUREL ST (toward Pacific Ave) -** go **0.3** mi
Turn R on **SAN LORENZO BLVD** - go **0.4** mi
Turns into **E CLIFF DR** - go **0.3** mi
Turns into **MURRAY ST. (bear left)** - go **0.5** mi
Turn R on **SEABRIGHT AVE -** go **< 0.1** mi
Turn L on **ATLANTIC AVE** - go **0.1** mi
Turn R on **THIRD AVE** go **0.1** mi Park on Street

At the end of 3rd Ave. walk down the steps to the beach. Meeting is marked by Windsock.