

Name	Title	Description
Ramona P	Arresting Anxiety	We all experience fearful thoughts which trigger anxiety. Let's arrest it by learning the root cause and recovery tools that help.
Jen K Erin H.	From Will to Willing: Humility and Spiritual Listening	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.
Cindy R.	A spiritual solution to accepting others	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.
Sharon R.	"What do you do at a red light?"	"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.
Kathy H.	Walking Through your fear, and stop it from running your life	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.
Jon F.	Grief	We will be covering types of grief, then we will write a letter to the person or event that that we want to address. There will be time for sharing through out the workshop we will have and opportunity to read our letter to the group at the end if we wish to.
Janet McC	Pause	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.
Amanda B	Powerful You	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.
James K	"Growing up in CoDA" (Stages of development)	We talk, and read about our childhood development. Bring a picture of when you were little, share with the group about your childhood experienced.