

## Codependents Anonymous

# Palm Beach CoDA SATURDAY FOCUS GROUP

At: 4pm to 5.30pm (QLD time) - 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of the month

2<sup>nd</sup> Saturday is for sharing on the CoDA topic, 4<sup>th</sup> Saturday is for sharing on a step & tradition

**ALL WELCOME**

### *2015 meeting dates and topics*

10 <sup>th</sup> Jan	Anger/Forgiveness	24 <sup>th</sup> Jan	Step & Tradition 1
14 <sup>th</sup> Feb	Inner Child/Adult	28 <sup>th</sup> Feb	Step & Tradition 2
14 <sup>th</sup> Mar	Joy/Sadness	28 <sup>th</sup> Mar	Step & Tradition 3
11 <sup>th</sup> Apr	Love/Fear	25 <sup>th</sup> Apr	Step & Tradition 4
9 <sup>th</sup> May	Higher Power/Self-Will	23 <sup>rd</sup> May	Step & Tradition 5
13 <sup>th</sup> June	Boundaries/Abuse	27 <sup>th</sup> June	Step & Tradition 6
11 <sup>th</sup> July	Humour/Serious	25 <sup>th</sup> July	Step & Tradition 7
8 <sup>th</sup> Aug	Family	22 <sup>nd</sup> Aug	Step & Tradition 8
12 <sup>th</sup> Sept	Physical Health/Care	26 <sup>th</sup> Sept	Step & Tradition 9
10 <sup>th</sup> Oct	Love Addiction/Avoidance	24 <sup>th</sup> Oct	Step & Tradition 10
7 <sup>th</sup> Nov	Roles	21 <sup>st</sup> Nov	Step & Tradition 11
12 <sup>th</sup> Dec	Discipline	26 <sup>th</sup> Dec	Step & Tradition 12

Venue: **Palm Beach Neighbourhood Centre**, 16 Third Avenue, Palm Beach

Please arrive by 3.55pm for 4.00pm start (QLD time)

Meeting Format: Reading from CoDA literature followed by 5 minutes of silent reflection/meditation. **Sharing is on the topic.**

**Heading North:** Turn left off Gold Coast Hwy. No 16 is on the left, set back.

**Heading South:** About 1 hr from Brisbane on Pacific Hwy; take "Palm Beach Ave" exit 92 and then turn left into Palm Beach Ave. At the 3rd roundabout turn right into Cypress Terrace, then take 3rd left into Third Ave. No 16 will be on your right.

CoDA Australia National Service Office: **Ph (02) 8230 3959**

[www.codependentsanonymous.org.au](http://www.codependentsanonymous.org.au)