Please join us on Sunday, April 28th for our

NYC CoDA Share-A-Day!!

When: Sunday, April 28, 2019 1 – 5 pm

Where: The 92nd Street Y 1395 Lexington Ave, New York, NY

Nearest trains are the #4/5 at Lexington and 86th St. or the #6 at Lex and 96th Street.

We have two rooms for the event, 252 and 251. You will be directed to the south elevators.

Pot Luck!! **Please bring a favorite dish or pick up something to share. A Google doc signup sheet will be posted on the nyccoda.org website. Please let us know what you'll bring! ☺ Variety would be ideal!**
For those who bring homemade food, please write an ingredients list on an index card.
(Plates, cups, utensils, napkins, coffee and tea will be provided.)

Agenda:

1 pm to 1:15pm: *Welcome* to include the CODA Preamble, reading of the 12 Steps and 12 Traditions and Guidelines for Sharing. (Room 252)

Speaker Meetings:

1:15 – 1:50 pm *Roots of Codependency: Reflections from Childhood* (Room 252)

1:15 – 1:50 pm *Welcome to CoDA - Beginner's Meeting* (Room 251)

1:50 – 2:15 pm Food and Fellowship (Please visit our Literature Tables!)

2:15-2:50 *Codependency in the LGBTQIA Community: Patterns and Unique Challenges* Room 252)

2:15-2:50 *Dating and Partnership while Codependent: Setting Healthy Boundaries* (Room 251)

2:50 – 3:15 pm Food and Fellowship (And please visit our Literature Tables!)

3:15 – 3:50 pm Open share (members invited to discuss any topic) (Room 252)

3:15 – 3:50 pm Loving Detachment: Navigating Relationships with our Families of Origin (Room 251)

4 pm to 5 pm *Moving Forward: Tools for Recovery* (Everyone together in Room 252)

This will include the Closing, Affirmations, a Feelings Check and a Count Off of members' years in CoDA!!

Please come to listen, share, have a bite to eat and meet your fellow CoDA members!!