

The Valleys Community Committee of
Co-Dependents Anonymous
2017 WORKSHOP SCHEDULE

January 15	Step 1	We admitted we were powerless over others, that our lives had become unmanageable.
February 19	Step 2	Came to believe that a power greater than ourselves could restore us to sanity.
March 19	Sponsorship	Doing the Work Together, Sponsorship and Co-Sponsorship in CoDA
April 16	Step 4	Made a searching and fearless moral inventory of ourselves.
May 21	Step 5	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
June 18	Step 6	Were entirely ready to have God remove all these defects of character.
July 16	Step 7	Humbly asked God to remove our shortcomings
August 20	Step 8	Made a list of all persons we had harmed and became willing to make amends to them all.
September 17	Step 9	Made direct amends to such people wherever possible except when to do so would injure them or others.
October 15	Step 10	Continued to take personal inventory and when we were wrong, promptly admitted it.
November 19	Step 11	Sought through prayer and meditation to improve our conscious contact with God, <i>as we understood God</i> , Praying only for knowledge of God's will for us and for the power to carry that out.
December 17	Step 12	Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs.

Workshops are speaker/panel/group participation. Workshops are held on Sundays as listed above from 3-5pm at Encino Hospital, 16237 Ventura Blvd., Encino 91436 in the Encino Classroom on the first floor. Free parking is available in the parking structure to the east of the hospital or in the rear parking lot. For more information, please call Keith at (818) 251-0072.