

# ***Special Workshop Event***

**Hosted by  
Sisters Set Free CoDA Meeting**

**Monday, January 27, 2020**

**6:45 - 8:30 pm**

## **FINDING MY BALANCE IN THE STEPS**

**Working the Steps can be a dynamic process of discovery and self-awareness. An important factor is recognition of the lens used to view this work. If struggle and self-recrimination are familiar, that may be brought into my 12 Step work. The goal of this workshop is to give the opportunity to broaden this view. To become aware of the assets gained and the beneficial qualities that have come as a result of the survival skills developed in codependency. Hopefully this aids in moving out of the black and white, all good or all bad thinking, and into a more peaceful balanced place as we work our recovery.**

**Pilgrim United Church  
2020 Chestnut Avenue  
Carlsbad, CA 92008**

**The church requests we park in lot off Monroe, or street parking**

**Snacks and beverages provided**

**Questions? Please contact Nancy M: [wsp@sdccoda.org](mailto:wsp@sdccoda.org)**