



Radical Self Care

North County CoDA Super Saturday



Date: Saturday, April 26, 2025

Time: 8:45am - 2:00pm

Location: Saint Michael's by-the-Sea Episcopal Church
2775 Carlsbad Blvd.
Carlsbad, CA

Radical Self Care Schedule

8:45am	Sign In. Settle In.*
9:15am	Opening
9:30am	Workshop 1: Empowering Our True Selves
10:30am	Break
10:45am	Workshop 2: How To Take Care of Myself When I'm Triggered
12:00pm	Fellowship Lunch POTLUCK**
1:00pm	Telling Our Truth: Story 1
1:30pm	Telling Our Truth: Story 2
2:00pm	Closing***

*A \$10 7th Tradition is appreciated. All are welcome.

**Please bring a dish to share for a fellowship POTLUCK lunch.

***Volunteers appreciated for clean up.

Any questions? Email Kathy C at culltrain@yahoo.com