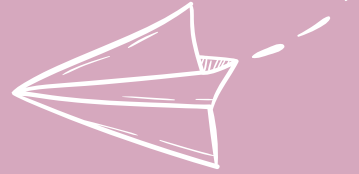


# Triggers Happen:

From Fight, Flight or Freeze to Safety, Sanity, & Serenity



--Given by Speaker Heidi A.

In codependency, triggers happen and can continuously cause unmanageability and chaos. Even with years of recovery, triggers can leave us asking...

- Haven't I learned anything?
- Why am I not getting better?
- What's wrong with me?



Using the 12 Steps, we will practice **CARING** for our trauma and our triggers to create the lives we deserve.



Presented by AZ CoDA Live Events

**Sat., May 18th, 2024**

11AM-3PM

Break for lunch 12:30-1:30PM

**Potluck**

(Bring your favorite finger food!)

**N. Scottsdale United Methodist Church  
11735 N Scottsdale Rd.  
Scottsdale, AZ**

Join us live  
on  
**ZOOM!**



Meeting ID 794 528 0268  
Passcode 051824

\*\$10 suggested donation\*

azcoda.org  
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