



*Recovery
Patterns*

CoDA Arizona Events Committee

Sunday ZOOM SERIES

12:30 - 2:30 PM

(Phoenix, AZ, US Time)

<https://www.calculator.net/time-zone-calculator.html>

Please keep in mind AZ doesn't change with daylight savings time

<https://us02web.zoom.us/j/88395993479> ■ Password: 010247

Audio by Phone: (669) 900-9128

Nov 24, 2024

Sarovi

**'Top Tips & Hacks For Getting
Out The Trigger Zone!'**

Dec 8, 2024

Karen D

Let's talk about Sex

Dec 1, 2024

Charlie, CoDA Edinburgh

Learning to love the self

Dec 15, 2024

Sharma D

Embracing Your Authentic Self

how minimizing our feelings impacts our emotional health and how recovery can empower us to acknowledge and embrace our feelings.

Suggested Donation for CoDA Members: \$5

7th Tradition Paypal: https://www.paypal.com/donate/?hosted_button_id=86AJTNSPE5TVG

Questions? azcodazoomworkshop@gmail.com ■ Find us online at www.azcoda.org

Connect on Facebook at <https://www.facebook.com/AZCoDAZoomWorkshop/>