

The Fellowship of South Bay CoDA Humbly Presents The Regional Spring Mini-Conference

April 18, 2026 – Grant Park & Community Center



Be Seen, Be Heard, Be Healthy!

8:30-9:00	Registration and Breakfast - Main Hall		
9:00-9:15	Opening and Welcome - Main Hall		
	Main Hall	Classroom 1	Classroom 3
9:15-10:35	Steps 6 & 7: The Easy Ones? Facilitator: Karen D.	Healing through 4th Step Inventory Facilitator: Johnny C.	12 Promises Come True Facilitator: Christian
10:40-12:00	Healthier Through A Process of Forgiving Facilitator: Marily B.	Unacceptable Facilitator: Michelle M.	Affirmation Circle Facilitator: Pacia D.
Lunch Break 12:00-2:00	CoDA Meeting 12:45-1:45 pm Grab a lunch nearby and come to the CoDA meeting.		NCC Business Meeting 12:00-2:00 pm All are welcome to attend!
2:00-3:20	From Self-Loathing to Self-Caring Facilitator: Misha S.	We Don't Know What We Don't Know! Facilitator: Elaine S.	
3:30-4:00	Closing - Main Hall or Outside...and Clean-up		

This CoDA conference is facilitated by others in recovery. Feel free to participate in as little or as much as you are comfortable. It's ok to quietly step out of any workshop in which you feel triggered, unsafe or reactive. We encourage self-care and expressing your feelings with a sponsor or member of the fellowship with whom you feel safe. Please refrain from using phones or recording during the sessions. Please respect the anonymity and confidentiality of what is shared by others. Take what you like and leave the rest.

Workshop Descriptions

Session 1

Steps Six and Seven- The Easy Ones? – Karen D.

Steps Six and Seven tend to be the resting time between the work of Steps Four and Five, and the amends process of Steps Eight and Nine. But the work in these two 'resting steps' is pivotal for setting yourself up for a successful recovery.

Healing Through 4th Step Inventory – Johnny C.

There are various ways to do the 4th step inventory, and this workshop is intended to help people find theirs. The inventory was critical to my recovery, and I used a table format similar to the one in the Big Blue Book. My sponsor suggested I start with a list of my positive attributes, and that made it possible for me to go on to make a fearless list of my codependent behaviors; listing only shortcomings would have been dishonest and generated too much shame. I will talk about an example of each from my own inventory before inviting participants to write their own to get a feeling for the 4th Step and find their own path to completing it. I'll provide a blank table as a starting point.

12 Promises Come True – Christian

Join Christian in an active workshop that will bring the 12 Promises to life for you in the coming year through thoughtful journaling and mediation in line with Step 11 Guidance.

Session 2

Healthier Through A Process of Forgiving – Marily B.

Experiencing the unforgivable, never being apologized to, how could I forgive? It has been a long and pain-filled journey to get to where I am today, a human capable of forgiving. Pulling together wisdom from several sources: my path includes CoDA and other 12 Step programs, my religion, and present-day personalities. I will share what has helped me, and provide time for you to share throughout the workshop, and to ask questions at the end.

Unacceptable – Michelle M.

This workshop explores family dysfunction, sexual trauma, inner child work, and boundaries as seen through the individual lens. It is a story of one woman's life and multifaceted twelve step journey as she shares her experience, strength and hope wishing that her words might help others.

Affirmation Circle – Pacia D.

Did you hear all the positive messages you needed growing up? Did you know that evidence shows that positive affirmations can promote your self-worth, protect your self-integrity, and reduce codependency? In this loving, supportive workshop we will give and receive some of those affirmations we missed out on as children. This interactive workshop involves some standing and a little movement, but nothing too physically strenuous.

Session 3

From Self-Loathing to Self-Caring – Misha S.

Many people who struggle with codependency carry a quiet, persistent inner voice of self-criticism, self-doubt, or even self-loathing often hidden beneath the desire to care for others. In this interactive session, you'll begin to gently uncover where that inner voice shows up and how it shapes your relationships, choices, and sense of self. Through a personal story, guided visualization, reflective journaling, and meaningful connection with others, you'll practice shifting from self-judgment toward self-awareness, compassion, and care. This is not about fixing yourself. It's about seeing yourself clearly, hearing your own needs, and choosing yourself in ways that feel honest and sustainable. You'll leave with a grounded practice and a simple accountability step to help you move from self-loathing toward self-caring...one choice at a time.

We Don't Know What We Don't Know – Elaine S.

When life throws us curveballs, we have tools to get us back on track.

About Our Presenters

Karen D. has been in recovery for 23 years total, and has spent the last 11 years working on Codependency. She is an international speaker thanks to the miracle of Zoom, and she enjoys sharing with codependents about what happens when you don't have your own personality.

Johnny C. My name is Johnny, and I'm a co-dependent. I've been going to the Friday Mountain View meeting for 11 years. I've worked the 12 Steps in CoDA and have gone on to do two additional inventories for childhood trauma and a romantic relationship. It is progress not perfection and I pray for higher power's help.

Christian has been in 12 Step fellowships since he first attended Al-Anon/Alateen when 12 years old. His first CoDA meeting was in 2015 where he finished steps with his sponsor in 2017 and has remained active in fellowship ever since.

Marily B. I have been in CoDA since 2010, held several service positions including at the meeting, intergroup, voting entity, and World levels. Having worked the Steps and Traditions several times with sponsors, and having sponsored others, I am currently working the Service Concepts in a group, and the Recovery Patterns with my sponsor. Always amazed how beautifully synchronistic life is, I am now grateful to recognize growth opportunities for the blessing they are.

Michelle M. is in her 9th year in CoDA. She has held several positions at the meeting level and has some experience at the intergroup level over the years. She began sponsoring in her first year using Working the Program: 12 Tools of CoDA, then the 30 & 40 Questions. As well as continuing with long-term sponsorship, she enjoys attending and speaking at conferences throughout Northern California.

Pacia D. I joined CoDA thirteen years ago. My recovery journey has taken me through the 12 Steps, as well as to many conferences and retreats, picking up positive affirmation work along the way. Learning to give myself the love and praise I missed out on growing up has been one of the most precious gifts of our program.

Misha S. entered the rooms starting with CoDA in 2009. When she heard the CoDA promises read for the first time, she became locked in as a result of new hope, and has been carrying the message to others ever since. While she is now in multiple programs, which limits her ability to attend more than one CoDA meeting per week, she continues to practice Step 12 by regularly sponsoring others in CoDA, holding other service positions and speaking at meetings or conferences when given the opportunity..."My name is Misha. I am a grateful recovering codependent!"

Elaine S. I've been in Coda for a little more than 21 years. I am a double winner as well. I have 36 years in a different fellowship. I've had the grace to be willing to work the 12 Steps and Traditions several times now, and enjoy the benefits of the work, as do those around me. I've become a totally different woman from when I came into the rooms.

Food

If you want to attend the lunchtime CoDA meeting, it is best to bring a lunch.

In keeping with Tradition 6, we do not endorse or recommend any of the following establishments.

They are simply provided for convenience to those not familiar with the area.

Los Altos

**Alotta's Deli • Lucky's Market • Tom's Depot Peet's Coffee or Starbucks
Trader Joes Market • Subway • Red Pepper Grills Redwood Grill
Green Bakery & Café**

Cupertino

**The City Fish • Yummy Sandwiches
Ike's Love & Sandwiches • Panda Express**