

... Living Our
Experience,
Strength & Hope



**CO-DEPENDENTS
ANONYMOUS**

Greater Sacramento Area CoDA Community

(<http://greatersaccoda.org>)

Presents the 2009 Winter Mini-Conference

~ *A Clean and Sober Event* ~

(All 12 Step Programs Invited)

Date: Saturday, January 24th 2009

Where: Fremont Presbyterian Church, 5770 Carlson Dr, Sacramento, CA 95819
(Across from Sac State University)

When: 8:30am - 5:00pm (Fellowship Dinner 6:00pm - 8:00pm)

Proposed Workshops:

Sharing our Experience, Strength, & Hope

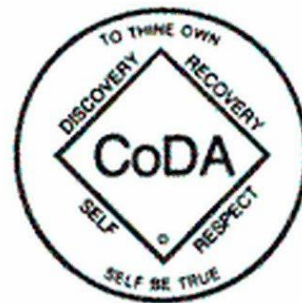
"What Brings You JOY?" Workshop

Taking the Traditions Personally

Starting a New CoDA Meeting

Healthy Boundaries

Sponsorship in CoDA



Registration will open at 8:30am. The Qtrly NCC Regional Business Meeting will be held during lunch. CoDA Literature will be available. To get more information on this event, please go to <http://norcalcoda.org>

*If you are interested in speaking or volunteering for this event,
Please contact Sharon N., Conference Chair (916) 370-5470*

Pre-registration is encouraged!

Pre-registration \$20 donation if received by January 14, 2009. (After Jan 14th and at the door \$25 donation)

If registered by 9:00 a.m., includes continental breakfast & deli-style lunch. Please select sandwich choice:

Ham _____ Roast Beef _____ Turkey _____ Veggie _____

Make checks payable to "GSACC" and send to: **GSACC, 1800 21st Street PMB 210, Sacramento, CA 95814**

First Name/Last Initial _____ Phone # _____

E-Mail Address _____ (for registration confirmation)

I am interested in attending the no-host "Fellowship Dinner" at Baker's Square Restaurant, 2244 Fair Oaks Blvd, Sacramento, CA on Saturday evening, 6:00pm, after the conference (yes) (no).

I would like to volunteer to help _____
(Set up, registration, literature, food prep, cleanup, etc.)

Service opportunity! Please copy this flyer (front and back) and pass out at your local meeting.

Fremont Presbyterian Church is located at the Northwest corner of "H" Street and Carlson Drive, in the River Park Neighborhood just north of California State University Sacramento (CSUS). Register inside Ferguson Hall.
(ADDITIONAL PARKING IS LOCATED ACROSS THE STREET IN THE SCOTTISH RITE TEMPLE PARKING LOT)

Directions from Bay Area/West Sacramento-

- Take I-80 East Toward Sacramento
- After UC Davis/Yolo Causeway, Stay In The Left Lanes (Do Not Take "Reno" Exit)
- Signs Will Say "South Lake Tahoe", Stay In Left Lanes
- Pass I-5 Interchange, Pass Biz80/Hwy 99 Interchange, Highway then changes name To "Hwy 50" Eastbound
- Take 65th Street Exit , Turn Left
- Turn Left On Elvas Ave
- Take Ramp Onto J St Toward Fair Oaks Blvd
- Turn Left On Carlson Dr
- Arrive At 5770 Carlson Dr, Sacramento

Directions from Reno/Auburn-

- Take I-80 Westbound Toward Sacramento
- Take Exit #95/Sacramento (Hwy99 Southbound)/Hwy Biz-80 Aka "Capital City Fwy"
- Pass CalExpo exit, three exits later take Hwy 50 Eastbound exit toward "Placerville/South Lake Tahoe"
- Take 65th Street Exit , Turn Left
- Turn Left On Elvas Ave
- Take Ramp Onto J St Toward Fair Oaks Blvd
- Turn Left On Carlson Dr
- Arrive At 5770 Carlson Dr, Sacramento

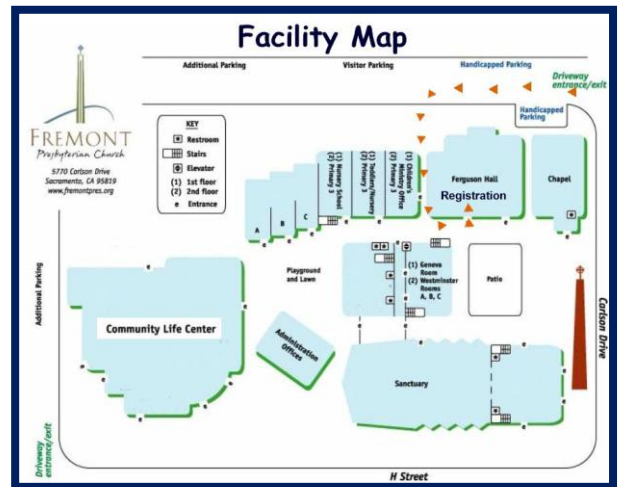


Directions from Foothills/South Lake Tahoe –

- Take Hwy 50 West Toward Sacramento
- Take 65th Street Exit , Turn Right
- Turn Left On Elvas Ave
- Take Ramp Onto J St Toward Fair Oaks Blvd
- Turn Left On Carlson Dr
- Arrive At 5770 Carlson Dr, Sacramento

Directions from South/Elk Grove –

- Take Hwy 99 N To Sacramento
- Take The H Street Exit, Turn Right on H Street
- Turn Left On Carlson Dr
- Arrive At 5770 Carlson Dr, Sacramento



Pre-registration is encouraged!

Pre-registration \$20 donation if received by January 14, 2009. (After Jan 14th and at the door \$25 donation)

If registered by 9:00 a.m., includes continental breakfast & deli-style lunch. Please select sandwich choice:

Ham _____ Roast Beef _____ Turkey _____ Veggie _____

Make checks payable to "GSACC" and send to: **GSACC, 1800 21st Street PMB 210, Sacramento, CA 95814**

First Name/Last Initial _____ Phone # _____

E-Mail Address _____ (for registration confirmation)

I am interested in attending the no-host "Fellowship Dinner" at Baker's Square Restaurant, 2244 Fair Oaks Blvd, Sacramento, CA on Saturday evening, 6:00pm, after the conference (yes) (no).

I would like to volunteer to help _____
(Set up, registration, literature, food prep, cleanup, etc.)

Service opportunity! Please copy this flyer (front and back) and pass out at your local meeting.