



# *From Hope to Recovery*

## Codependents Anonymous Fall Retreat



Join us for a weekend of sharing our experience, strength, and hope. Focused on the Codependents Anonymous program and sponsored by the Mississauga Step 'N Go group, this weekend getaway is for anyone with a desire for healthy and fulfilling relationships.

- What to Expect:** The weekend will offer meditation, discussion meetings, outdoor walks, speaker meetings, evening bonfires, laughter, and the warmth and support of fellowship
- Where:** Mount Mary Retreat Centre, 437 Wilson Street East, Ancaster, Ontario  
[www.mountmary.ca](http://www.mountmary.ca)
- When:** September 29 – October 1, 2017. Check in from 4:30 p.m. to 7:00 p.m. on Friday, September 29
- Cost:** \$195.00 per person. Cost covers a single or double room on Friday and Saturday nights and meals from Saturday breakfast to Sunday lunch, inclusive
- Payment Deadline:** September 8, 2017
- Spaces Available:** 33
- Registration:** To reserve your spot, send your registration form and payment via e-transfer (password: hopetorecovery) to [codamississauga@gmail.com](mailto:codamississauga@gmail.com). Once registered, you'll receive a confirmation email. If spaces are already filled, you will receive a notification that you are on the waiting list. Closer to the weekend, confirmed registrants will receive a Welcome Package with driving directions. Reservations are on a first-come, first-served basis. If you must cancel, please let us know as soon as possible. Our first priority will be to those on the waiting list.  
**If we are unsuccessful, you will be responsible for finding a replacement or your payment will be forfeited**
- Contact:** Call or text message Tina Z. at (289) 839-9910 or email [codamississauga@gmail.com](mailto:codamississauga@gmail.com)

Items including notebooks, pens, towels, and bedding will be provided. Bring: reusable water bottle and reusable coffee/tea mug; appropriate footwear and attire; walking stick; bonfire snacks to share; board games/playing cards; musical instruments; and folding chair.

**Gather with us to support and share with each other  
in a journey of self-discovery – learning to love the self**



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### Registration Form

To reserve your spot, please complete the following registration form and send it to [codamississauga@gmail.com](mailto:codamississauga@gmail.com).

First Name & Last Initial:	
Telephone number:	
Home Group Name (if applicable):	
City and Province:	
Room Preference:	<input type="checkbox"/> I would like a single room <input type="checkbox"/> I would like to share a room
Preferred Roommate Name (if applicable):	
Do you have any trouble with stairs?	

After emailing your registration form, please send your payment via e-transfer (password: hopetorecovery) to [codamississauga@gmail.com](mailto:codamississauga@gmail.com).

Once registered, you'll receive a confirmation email. If spaces are already filled, you will receive notification that you are on the waiting list. Closer to the weekend, confirmed registrants will receive a Welcome Package with driving directions.

Reservations are on a first-come, first-served basis. We will do our best to accommodate room preferences. If you must cancel, please let us know as soon as possible. Our first priority will be to those on the waiting list. **If we are unsuccessful, you will be responsible for finding a replacement or your payment will be forfeited.**

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