

# *Healthy Boundaries in Relationships*

**Regional CODA Autumn Day in the Park**

**New Cumberland Boro Park**

Front St, New Cumberland, PA 17070

**October 12, 2019**

**CODA Step Meeting 8:00-9:00 am**

**CODA Men Healing Men Meeting 9-10:30am**

**Lunch Cookout 11:30-12:30pm**

**Topic: Healthy Boundaries in Relationships/ sharing 1:00-2:30pm**



**TOPIC: Recovery Patterns from Codependency**...Focus Topic will be on Recovery from Low-Self Esteem and setting Healthy Priorities and Boundaries in Relationships. Will read patterns and then have time of open sharing of experiences with patterns steps and traditions, with focus on “I” statements.

**Have trouble setting healthy priorities and boundaries.**

**I am able to establish and uphold healthy priorities and boundaries in my life.**

**Attending:** please reserve your spot by emailing JayG, [jayg.coda@gmail.com](mailto:jayg.coda@gmail.com), or call 717-319-6121. Join us for fun and fellowship and bring another person interested in recovery from codependence.