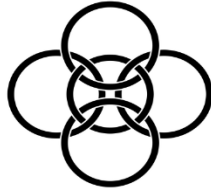


Codependence Camp: Recover Your Self
Rooted in Codependency Recovery
Informed by 12-Step, Evidenced-Based, and Mindfulness Practices



**“Self-Recovery:
Cultivating Self-Attunement”**

Friday, April 1, 2022, 6pm to Sunday, April 3, 2022, 2pm

A Weekend Camp at

Vine Cottage

On the Grounds of *The Inn at Forest Oaks*

Natural Bridge, Virginia

<https://theinnatforestoaks.com>

Camp Fees

\$300.00 Full Camp

Fees include all programs, meals, and the daily venue.

Housing is an additional charge based on your room reservations.

Camp Staff

Margaret L. Cress

276-944-3511(H)

276-623-7516 (C) preferred

mlcress73@hotmail.com

Nancy L. Johnston

www.nancyjohnston.com

To Register: Complete the attached registration form and mail it with your deposit of \$150.00 to: Margaret Cress, 10316 Lindell Road, Abingdon, VA 24210. This is one-half of your registration fee. The remainder of your registration fee will be due by Wednesday, March 16, 2022.

Housing: Housing fees will be due at the time of Camp. Rates remain \$40.00/per night/per camper (shared room with twin bed) or \$80.00/per night (private room with queen bed). Every effort will be made to meet your housing requests, and those details will not be completely known until registration is complete.

Weekend Schedule

Friday, April 1, 2022

- 6:00pm** Arrival begins
- 7:00 – 8:30pm** ***Opening Session: Re-Connecting***
Light Refreshments
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Saturday, April 3, 2022

- 8:15- 8:45am** Breakfast
- 9am- Noon** ***Saturday AM Session:
Connecting with Self: Grounding and Centering***
- Noon -2pm** Lunch
- 2:00-4:30pm** ***Saturday PM Session:
Self-Attunement: Being Your Own Safe Haven***
- 4:30-7:00pm** ***Take a Break: Unscheduled Time for You***
- Bring your crafts, reading, music, or writing. – anything you would like to spend time with. Play with our expressive arts table, walk on the property, or simply rest.*
- 7pm -** ***Evening Program***
*Dinner * Dancing * Campfire and S'mores*
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Sunday, April 4, 2022

- 8:30- 9:15am** Breakfast
- 9:30-12:30pm** ***Sunday AM Session:
Working with Challenges to Self-Attunement***
- 12:30-2pm** Lunch + Good-byes and Well Wishes!