



HOPE IN RECOVERY, THURSDAY MEETING

Cordially invites you to our

SPEAKER MEETING

on **18th**
M a r c h
Thursday

Zoom Meeting

Visit the Hope in Recovery web site at
<https://hopeinrecoverywa.org/hope-in-recovery-online-meetings/> for information
and a link to join the meeting.

Lori H

Topic: Codependency and the Five Points of Recovery

Lori is in her 10th year of recovery in CoDA. She has spoken at the Women Living in the Solution retreats and the CoDA Spring into Recovery mini conferences.

She will introduce the five points of recovery and share how working the program of codependency with a focus on these five points brought more serenity, strength and spiritual growth into her daily life and led to more healthy and loving relationships with herself and others.

MEETING 7:30 – 8:45 pm