Listed below are meetings of groups who use the Twelve Steps and Twelve Traditions of CoDependents Anonymous ("CoDA") (as adopted from Alcoholics Anonymous) as a program of recovery from codependency. Please note that each group is autonomous and chooses its own meeting format. It is a good idea to call or email the group contact listed before you go. We hope you find a meeting that serves your recovery needs.

**Portland CoDA email:** codapdx@gmail.com  **Local Website:** coda-pdx.org  **National Website:** CoDA.org

### PEOPLE WHO LOVE TOO MUCH CoDA GROUP — NW Portland
- **Meeting Place:** Portland Alano Club  
  - Address: 909 NW 24th Ave., Portland, OR  
  - Contact: Ray  (503) 643-7308  
  - **Meeting Type:** Open, Topic, Literature  
  - **Meeting Time:** Sunday 10:00AM  
  - **Special Instructions:** NW 24th at Kearney, Third Floor, Loft Room  

### CODA BLUE BOOK MEETING — Vancouver, WA
- **Meeting Place:** PeaceHealth SW Medical Center – Memorial Campus  
  - Address: 3400 Main St., Vancouver, WA  
  - Contact: Bob E.  (360) 901-3060  
  - **Meeting Type:** Open, Step, Share  
  - **Meeting Time:** Sunday 6:30–7:45 PM  
  - **Special Instructions:** Go in Urgent Care doors off Main St., take elevator to the basement, then to the Fir Willow Room

### PEELED THE ONION CoDA GROUP — Vancouver, WA
- **Meeting Place:** PeaceHealth SW Medical Center – Mill Plain  
  - Address: 600 NE 92nd Ave. (Mill Plain Campus), Vancouver, WA  
  - Contact: Heidi  (360) 957-4771 (text only) or Kal (566) 566-3373  
  - **Meeting Type:** Women Only (ages 16 and up)  
  - **Meeting Time:** Monday 6:30 PM  
  - **Special Instructions:** meeting is in the Health Education Center (check room # on schedule in lobby). Meeting ends at 7:30 PM

### A NEW DAY CoDA GROUP — Camas, WA
- **Meeting Place:** Camas Friends Church, 1004 NE 4th Ave (corner of Ione St. & 3rd Ave.), Camas, WA  
  - Contact: Nancy K.  (239) 273-9403 or Karyn G.  (503) 349-1238  
  - **Meeting Type:** Open, Share  
  - **Meeting Time:** Monday 7:00 PM  
  - **Special Instructions:** Door to meeting is by lower parking lot on Ione Street.

### SOJOURNER’S CoDA GROUP — Beaverton, OR
- **Meeting Place:** Unity Church of Beaverton  
  - Address: 12650 SW 5th Street  
  - Contact: Suzie E.  (503) 442-7179  
  - **Meeting Type:** Open, Share, Adults Only - Teens welcome  
  - **Meeting Time:** Tuesday 7:00 PM  
  - **Special Instructions:** Meeting is held in church sanctuary

### WESTSIDE WOMEN’S CoDA GROUP — Lake Oswego, OR
- **Meeting Place:** Our Lady of the Lake Catholic Church (Parish Center)  
  - Address: 650 “A” Avenue, Lake Oswego, OR (corner of 8th St. and “A” Ave.)  
  - Contact: Vivian  (719) 648-8392  
  - **Meeting Type:** Women only, Open, Step, Share  
  - **Meeting Time:** Wednesday 7:00 PM  
  - **Special Instructions:** Enter parking lot off of 8th St.  

### EASTSIDE WEDNESDAY CoDA GROUP — SE Portland
- **Meeting Place:** Mount Tabor Presbyterian Church  
  - Address: 5441 SE Belmont St., Portland, OR  
  - Contact: Mick  codamick@gmail.com  
  - **Meeting Type:** Open, Share, Adults Only  
  - **Meeting Time:** Wednesday 7:00 PM  
  - **Special Instructions:** 1st floor parish house. Enter thru Belmont doors, left thru double doors past offices, then right into Muir Hall.

### PEOPLE WHO LOVE TOO MUCH CoDA GROUP — Vancouver, WA
- **Meeting Place:** PeaceHealth SW Medical Center (formerly SWMC)  
  - Address: 600 NE 92nd Ave. (Mill Plain Campus), Vancouver, WA  
  - Contact: Christie  (503) 970-8266 or Earl  (206) 755-3675  
  - **Meeting Type:** Open, Topic, Share  
  - **Meeting Time:** Wednesday 7:00 PM  
  - **Special Instructions:** meeting is in the Health Education Center (check room # on schedule in lobby). Meeting ends at 8:15 PM

### QUEER CoDA – NE Portland
- **Meeting Place:** Metropolitan Community Church  
  - Address: 2400 NE Broadway St., Portland, OR  
  - Contact: Em Jameson  (541) 870-1943  
  - **Meeting Type:** LGBTQA+, Open, Topic, Share  
  - **Meeting Time:** Thursday 7:00 PM  
  - **Special Instructions:** Enter church from NE Broadway. Meeting is upstairs in the Family Room.

### GRESHAM CoDA GROUP – Gresham, OR
- **Meeting Place:** East County Alano Club  
  - Address: 1015 NE Roberts Ave., Gresham, OR  
  - Contact: Kris  (503) 705-2109 or JJcheat00@gmail.com  
  - **Meeting Type:** Open, Share  
  - **Meeting Time:** Thursday 7:30 PM

### FRIDAY MORNING BLUE BOOK CoDA — Vancouver, WA
- **Meeting Place:** PeaceHealth Southwest Medical Center (formerly SWMC)  
  - Address: 600 NE 92nd Ave. (Mill Plain Campus), Vancouver, WA  
  - Contact Lorretta R.  (209) 600-2948  
  - **Meeting Type:** Open, Blue Book reading, Share  
  - **Meeting Time:** Friday 9:00 AM  
  - **Special Instructions:** meeting is in the Health Education Center (check room # on schedule in lobby). Meeting ends at 10:00 AM

### CoDA STEP/SHARE — NW Portland
- **Meeting Place:** Portland Alano Club  
  - Address: 909 NW 24th Ave., Portland, OR  
  - Contact: Jeff  (503) 490-9866  
  - **Meeting Type:** Open, Drop-in Step discussion meeting  
  - **Meeting Time:** Friday 6:30 PM  
  - **Special Instructions:** NW 24th at Kearney, First floor, Clock Room  

### NEW FREEDOM HILLSBORO CoDA – Hillsboro, OR
- **Meeting Place:** Hillsboro United Methodist Church, 168 NE 8th Ave., Hillsboro, OR  
  - Contact: Ginny V.  (503) 333-8586 or gingirl77@gmail.com  
  - **Meeting Type:** Open, Share  
  - **Meeting Time:** Saturday 6:00 PM  
  - **Special Instructions:** enter through church’s main entrance. Room is downstairs.

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7th Tradition Contributions – Make check payable to “CoDA Portland-Metro Intergroup” and send to: CoDA Treasurer, 5040 SW Iowa St., Portland, OR 97221. Seventh Tradition contributions help support Intergroup’s mission and services.

Please send updates or changes to this list to codapdx@gmail.com
What is CoDependence?

Co-Dependants Anonymous is a fellowship of men and women who have a common purpose. The only requirement for membership is a desire for healthy and fulfilling relationships.

We gather to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with others and ourselves.

In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of CoDependants Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

Many of us struggle with the question: What is codependence? Am I codependent? We offer no definition or diagnostic criteria for codependence. What we do offer from our experience are characteristic attitudes and behaviors that describe what our co-dependent histories have been like.

We believe that recovery begins with an honest self-assessment of our dependence. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I acknowledge their power, and learning new ways to relate to the world.
2. I know that it is possible for me to mend, to become more loving, intimate and supportive. I have the choice of communicating with my family in a way, which is safe for me and respectful of them.
3. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
4. I learn that it is possible for me to mend, to become more loving, intimate and supportive. I have the choice of communicating with my family in a way, which is safe for me and respectful of them.
5. I know a new love and acceptance of others and myself. I feel genuinely lovable, loving and loved.
6. I trust a guidance I receive from my Higher Power and come to believe in my own capabilities.
7. I gradually experience serenity, strength, and spiritual growth in my life.
8. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
9. I no longer need to rely solely on others to provide my sense of worth.
10. I acknowledge that I am a unique and precious creation.
11. I no longer need to rely solely on others to provide my sense of worth.
12. I trust a guidance I receive from my Higher Power and come to believe in my own capabilities.

The Promises

Meetings Elsewhere in Oregon

Note: Some of these listings may be outdated. Call to verify meeting or go to CoDA.org to check for meetings in your area.

Bend: Saturday, 10:30 am, CoDA Saturday Mtg., (541) 233-3530
Corvallis: Friday, 6:00 pm, Friday Evening Friends, (541) 829-9144
Dallas: Monday, 6:00 pm, (971) 701-0590
Eugene: Monday, Noon, Monday CoDA Group Mtg., (541) 726-3084
Eugene: Tuesday, 6:30 pm, Men’s CoDA Mtg., (541) 913-9356
Eugene: Wed, 6:00 pm, Women’s Step Study Mtg., (541) 505-2956
Eugene: Saturday, Noon, Saturday Serenity Group, (541) 915-5425
Grants Pass: Thursday, 6:00 pm, Serenity In Recovery, (541) 479-0774
Medford: Wednesday, 7:00 pm, CoDA Book Study, (541) 944-0992
Redmond: Tuesday, 7:00 pm, Redmond CoDA, (541) 316-5002
Roseburg: Sunday, 5:30 pm, New Hope Group Step Study, (541) 430-1510 or (541) 680-6763
Roseburg: Wednesday, 5:30 pm, New Hope Coda, (541) 430-1510 or (541) 680-6763
Salem: Sunday, 6:00 pm, Sisters of Serenity, (971) 720-9687
Salem: Wednesday, 6:00 pm, New Freedom CoDA Group (971) 267-5366
Waldport: Thursday, 6:00 pm, Willing to Change, (541) 563-8637

Codependent Behaviors

- Dishonesty: making up excuses or withholding the truth to avoid other’s anger
- Talking about others - gossip
- Obsessing
- Controlling and manipulative behavior
- Interpreting others’ behaviors instead of asking
- Anticipating the reactions of others
- Self-neglect
- Comparisons statements like “I can’t do it as well as you do” or “He’s better than I am”.
- Blaming others or refusing to take responsibility for your actions
- Polarized thinking: No gray areas. Things are good or bad, right or wrong.
- Perfectionism

Patterns, Characteristics and Behaviors

These patterns and behaviors are offered as a tool to aid in self-evaluation.

Denial Patterns

- Have difficulty identifying feelings
- Minimize, alter or deny feelings
- Perceive themselves as being completely unselfish and dedicated to the well-being of others

Low Self-Esteem patterns

- Have difficulty making decisions
- Judge thoughts, words and actions harshly, as never being good enough
- Embarrassed to receive recognition, praise or gifts
- Unable to ask others to meet their needs or wants
- Value other people’s approval of their thoughts, feelings and behaviors over their own self-approval
- Feel unworthy or unlovable

Compliance Patterns

- Compromise values and integrity to avoid rejection and other people’s anger
- Are very sensitive to other people’s feelings and assume the same feelings
- Are extremely loyal, remaining in harmful situations too long
- Place a higher value on others’ opinions and feelings
- Are afraid to express differing viewpoints or feelings
- Put aside personal interests and hobbies in order to do what others want
- Accept sex as a substitute for love

Control Patterns

- Believe most others are incapable of caring for themselves
- Attempt to convince others what they should think or feel
- Become resentful when others refuse their offers of help
- Freely offer advice and guidance without being asked
- Lavish gifts and favors on those they care about
- Use sex to gain approval and acceptance
- Have to be needed in order to have a relationship with others

Patterns of驭ing and nurturing relationships...