CoDependents Anonymous (CoDA)

Portland OR, Metro Meetings, Pacific Time (updated 9-21-2026) AC

These meetings use the Twelve Steps and Twelve Traditions of CoDependents Anonymous ("CoDA") (as adopted from Alcoholics Anonymous) as a program of recovery from codependency. No childcare provided. Send any updates to codapdx@gmail.com

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

PEOPLE WHO LOVE TOO MUCH - NW PDX - OR027 Place: Alano Club (Loft), 909 NW 24th Ave, Portland, OR 97210 Contact: Diana 317-670-8717, dabatgirl33@gmail.com	**In-Person**	**Sunday 10:00-11:30 AM** Type: Open, Topic, Literature **Note:** Meeting room is not wheelchair accessible
PEOPLE WHO LOVE TOO MUCH (PWLTM) - WW611 Zoom ID: 882 4605 2135, PW 984371 Call In: 253-215-8782, Participant ID is just the #. Contact: Sarah V, phoenix.voru@gmail.com	**Online**	**Sunday 10:00-11:30 AM** Type: Open, Topic, Literature
CoDA FOR THE PEOPLE - SE PDX - OR175 Place: Archer Recovery Homes, 300 SE 129th Ave, Portland, OR 97233 Contact: William, 707-783-8397 **or** Deana L, 971-808-9080, deannalamb@yahoo.com	**In-Person**	**Sunday 12:00-1:00 PM** Type: Open, Steps-Traditions **Note:** Outside, Bring coat/chair, Rt side of garage
Queer CoDA – NE PDX – OR150 Place: True Colors Recovery Center, 3807 NE Martin Luther King Jr Blvd, Portland, OR 97212 Contact: Frey W 360-877-22287, qcodapdx@gmail.com	**In-Person**	**Sunday 2:15-3:15 PM** Type: LGBTQIA+, Open, Share Note: True Colors is wheelchair accessible
UNIQUE AND PRECIOUS CREATIONS - Vancouver - WA217 Place: All Saints Episcopal Church, 2206 NW 99th St, Vancouver, WA 98665 Contact: David M 760-774-3881, email: david.mucci@gmail.com	**In-Person**	**Monday 6:30-7:45 PM** Type: Open, Share
THE WAY of CoDA: Integrating Steps & Traditions to Relationships - OR188 Place: Alano Club (Board Room), 909 NW 24th Ave, Portland, OR 97210 Contact: Elin, 612-703-4006 or Eliot ealexander00@gmail.com	**In-Person**	**Monday 7:00-8:30 PM** Type: Open, Steps-Traditions **Note:** Meeting room is not wheelchair accessible
AUTHENTIC LIVING - Clackamas - OR182 Place: Clackamas Community Club, 15711 SE 90th Ave, Clackamas, OR 97015 Contacts: Vivian, 503-522-6544 **or** Rachel, 602-820-5742	**In-Person**	**Monday 7:00-8:00 PM** Type: Open, Share
CANBY CoDA - Canby - OR197 Place: Canby Adult Center, 1250 S Ivy St (Classroom 2), Canby, OR 97013 Contact: Adria 503-502-0305 adriadupree@yahoo.com, Shawna 503-887-0000 angel_inktatoo@yahoo.com	**In-Person**	**Tuesday 5:30-6:30 PM** Type: Open, Discussion
JOYFUL AWAKENINGS - Beaverton - OR170 Contact: Elaine, 503-810-2393 (text), elainej713@msn.com	**Online**	**Tuesday 6:00-7:00 PM** Type: 12-Step Study Group. Newcomers & teens welcome
SOJOURNER'S CoDA GROUP - Beaverton - OR095 Place: Unity Church of Beaverton (Sanctuary) 12650 SW Fifth St, Beaverton, OR 97005 Contact: Erica C 484-663-4297, email: eclapp413@gmail.com	**In-Person**	**Tuesday 7:00-8:00 PM** Type: Open, Steps, Share, Adults & teens welcome
LIVING FREE FROM CODEPENDENCY -Vancouver WA227 **Place: Living Hope Church**, 2711 NE Andreson Rd, Vancouver WA 98661 Contact: Lisa K 503-710-0237 Healinghandsfromtheheart1@gmail.com	**In-Person**	**Tuesday 7:30-8:30PM** Type: Open, Open Enter at front doors, turn left, 1st room on the left after restrooms.
PEOPLE WHO LOVE TOO MUCH - Vancouver - WA139 Place: First Presbyterian Church (Rm 28), 4300 Main St, Vancouver, WA 98663 Contact: Ron P, rwp0226@gmail.com or Deanna deannackinsey@gmail.com	**In-Person**	**Wednesday 6:30-8:00 PM** Type: Open, Steps, Share
GROW THROUGH WHAT YOU GO THROUGH - Molalla - OR181 Place: Molalla United Methodist Church, 111 S Mathias Rd, Molalla, OR 97038 Contact: Deawn S, 503-504-3632, DeawnSeals@gmail.com	**In-Person**	**Thursday 5:30-6:30 PM** Type: Open **Note:** Enter doors, Turn right, At end of Hall
2Queer2CoDA - NE PDX - OR195 Place: Westminster Presbyterian Church, 1624 NE Hancock St, Portland, OR Contact: Erika J 503-422-5588, 2queer2coda@gmail.com	**In-Person**	**Thursday 7:00-8:00 PM** Type: LGBTQIA+, Open, Share Note: If you need wheelchair access, please contact us 24 hours in advance
GRESHAM CoDA GROUP - Gresham - OR158 Place: East County Alano Club, 1015 NE Roberts Ave, Gresham, OR 97030 Contact: Susie G, coda.gresham@gmail.com or James jimbostewart99@gmail.com	**In-Person**	**Thursday 7:00-8:00 PM** Type: Open, Share
CoDA Blue Book Meeting – Vancouver – WA231 **Place: Living Hope Church**, 2711 NE Andreson Rd, Vancouver WA 98661 Contact: Lisa lisaluvsfamily@gmail.com	**In-Person**	**Fridays 12:00-1:00 PM** Type: Open, Open In the library
CoDA NEWCOMER'S MEETING - OR174 Type: For NEWCOMERS who want to learn more about codependency and CoDA Contact: Elaine, 503-810-2393 (text), elainej713@msn.com	**Online**	**Friday 6:00-7:00 PM** Open, Discussion
CoDA STEP/SHARE - NW PDX - OR191 Meeting Place: Alano Club (Clock Room), 909 NW 24th Ave, Portland, OR 97210 Contact: Adam C. 503-367-7263 (Text or Call)	**In-Person**	**Friday 6:30-8:00 PM** Type: Open, Drop-in, Step discussion **Note:** Meeting room is not wheelchair accessible
CoDA FOR PORTLAND MENS' CODA MEETING - NW PDX - OR187 Place: Alano Club (SE Room), 909 NW 24th Ave, Portland, OR 97210 Contact: Tom (503) 451-1980, binka351@gmail.com	**In-Person Men only**	**Saturday 7:00-8:30 PM** Type: Open, Step Tradition

7th Tradition Contributions – Donate electronically at: cash.app/$codapdx Please include your meeting name or CoDA assigned meeting #. Text Jann G (503-880-1364) for mailing instructions. Contributions help support Intergroup's mission and services.

What is CoDependence?

Co-Dependents 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 Co-Dependents 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 co-dependent? We offer no definition or diagnostic criteria for co-dependence. 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-diagnosis. We came to accept our inability to maintain healthy and nurturing relationships with others and ourselves. We began to recognize that the cause lay in long-standing destructive patterns of living.

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

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

The path to recovery lies in identifying these and other behaviors, acknowledging their power, and learning new ways to relate to the world.

The Promises

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions…

1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of others and myself. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. 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.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust a guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

Meetings Elsewhere in Oregon (limited due to space)

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

Monday, 6:00 to 7:00 P.M., on Zoom, "Living in the Solution" CoDA. Open meeting. Contact James at jamesanonymouscoda@yahoo.com or Debra D. at 541-505-2956. (OR 164 Eugene)
Tuesday, 7:00 - 8:00 P.M., on Zoom, CoDA Men's Meeting. Men Only. Contact David H. at 541-913-9356, or Debra D. at deb2you@hotmail.com. (OR 114 Eugene)
Wednesday, 6:00 - 7:00 P.M., on Zoom, CoDA Wednesday Women's Step-Study. Women only. Contact Debra D. at 541-505-2956 at deb2you@hotmail.com. (OR 106 Eugene)