

# CoDependents Anonymous (CoDA)

## Portland-Metro Meetings (updated November 23, 2018)

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](mailto:codapdx@gmail.com) Local Website: [coda-pdx.org](http://coda-pdx.org) National Website: [CoDA.org](http://CoDA.org)**

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<b>PEOPLE WHO LOVE TOO MUCH CoDA GROUP – NW Portland</b>	<b>Sunday 10:00AM</b>
Meeting Place: Portland Alano Club Meeting Type: Open, Topic, Literature; 3 <sup>rd</sup> Sunday of each month is Speakers Meeting Address: 909 NW 24 <sup>th</sup> Ave., Portland, OR Special Instructions: NW 24th at Kearney, Third Floor, Loft Room Contact: Ray (503) 643-7308 Note: Meeting room is not wheelchair accessible. Meeting ends at 11:30	
<b>CoDA BLUE BOOK MEETING – Vancouver, WA</b>	<b>Sunday 6:30–7:45 PM</b>
Meeting Place: PeaceHealth SW Medical Center – Memorial Campus Meeting Type: Open, Steps, Share Address: 3400 Main St., Vancouver, WA Special Instructions: Go in Urgent Care doors off Main St., Contact: Bob E. (360) 901-3060 take elevator to the basement, then to the Fir Willow Room	
<b>PEELING THE ONION CoDA GROUP – Vancouver, WA</b>	<b>Monday 6:30 PM</b>
Meeting Place: PeaceHealth SW Medical Center – Mill Plain Meeting Type: <b>Women Only (ages 16 and up)</b> Open, Discussion Address: 600 NE 92 <sup>nd</sup> Ave. (Mill Plain Campus), Vancouver, WA Special Instructions: meeting is in the Health Education Center Contact: Heidi (360) 957-4771 (text only) or Kal (360) 566-3373 (check room # on schedule in lobby). Meeting ends at 7:30 PM	
<b>A NEW DAY CoDA GROUP – Camas, WA</b>	<b>Monday 7:00 PM</b>
Meeting Place: Camas Friends Church, 1004 NE 4 <sup>th</sup> Ave (corner of Ione St. & 3 <sup>rd</sup> Ave.), Camas, WA Meeting Type: Open, Share Contact: Nancy K. (239) 273-9403 or Karyn G. (503) 349-1238 Note: Door to meeting is by lower parking lot on Ione Street.	
<b>CoDA – DESIRE FOR HEALTHY RELATIONSHIPS – Vancouver, WA</b>	<b>Tuesday 5:00 PM</b>
Meeting Place: Recovery Resource Center Address: 9317 NE Hwy 99, Suite M, Vancouver, WA (behind Enterprise Rent-A-Car) Contact: Ann C. <a href="mailto:afirs@juno.com">afirs@juno.com</a> or Patrick (360) 624-0423 (text preferred) Meeting Type: Open, Share, Meeting ends at 6:00 pm	
<b>CANBY CoDA – Canby, OR</b>	<b>Tuesday 5:30 PM</b>
Meeting Place: Canby United Methodist Church Address: 1520 N. Holly St., Canby, OR Meeting Type: Literature study Contact Linda H. (971) 281-0403 <a href="mailto:lbt.henry@yahoo.com">lbt.henry@yahoo.com</a> or Donna A. (503) 982-0603 Meeting ends at 6:30 pm	
<b>SOJOURNER'S CoDA GROUP – Beaverton, OR</b>	<b>Tuesday 7:00 PM</b>
Meeting Place: Unity Church of Beaverton Meeting Type: Open, Share, Adults Only - Teens welcome Address: 12650 SW 5th Street Contact: Suzie E. (503) 442-7179 Special Instructions: Meeting is held in church sanctuary	
<b>EASTSIDE WEDNESDAY CoDA GROUP – SE Portland</b>	<b>Wednesday 7:00 PM</b>
Meeting Place: Mount Tabor Presbyterian Church Meeting Type: Open, Topic, Share Address: 5441 SE Belmont St., Portland, OR Special Instructions: 1st floor parish house. Enter thru Belmont doors, Contact: Mick <a href="mailto:codamick@gmail.com">codamick@gmail.com</a> left thru double doors past offices, then right into Muir Hall.	
<b>PEOPLE WHO LOVE TOO MUCH CoDA GROUP – Vancouver, WA</b>	<b>Wednesday 7:00 PM</b>
Meeting Place: PeaceHealth SW Medical Center (formerly SWMC) Meeting Type: Open, Topic, Share Address: 600 NE 92 <sup>nd</sup> Ave. (Mill Plain Campus), Vancouver, WA Special Instructions: meeting is in the Health Education Center Contact: Christie (503) 970-8266 or Earl (206) 755-3675 (check room # on schedule in lobby). Meeting ends at 8:15 PM	
<b>QUEER CoDA – NE Portland</b>	<b>Thursday 7:00 PM</b>
Meeting Place: Metropolitan Community Church Meeting Type: LGBTQIA+, Open, Topic, Share Address: 2400 NE Broadway St., Portland, OR Special Instructions: Enter church from NE Broadway. Contact: Em Jameson (541) 870-1943 <a href="mailto:em.j.douglas@gmail.com">em.j.douglas@gmail.com</a> Meeting is upstairs in the Family Room.	
<b>GRESHAM CoDA GROUP – Gresham, OR</b>	<b>Thursday 7:30 PM</b>
Meeting Place: East County Alano Club Meeting Type: Open, Share Address: 1015 NE Roberts Ave., Gresham, OR Contact: Kris (503) 705-2109 or <a href="mailto:JJcheat00@gmail.com">JJcheat00@gmail.com</a>	
<b>FRIDAY MORNING BLUE BOOK CoDA – Vancouver, WA</b>	<b>Friday 9:00 AM</b>
Meeting Place: PeaceHealth Southwest Medical Center (formerly SWMC) Meeting Type: Open, Blue Book reading, Share Address: 600 NE 92 <sup>nd</sup> Ave. (Mill Plain Campus), Vancouver, WA Special Instructions: meeting is in the Health Education Center Contact Lorretta R. (209) 600-2948 (check room # on schedule in lobby). Meeting ends at 10:00 AM	
<b>CoDA STEP/SHARE – NW Portland</b>	<b>Friday 6:30 PM</b>
Meeting Place: Portland Alano Club Meeting Type: Open, Drop-in Step discussion meeting Address: 909 NW 24th Ave., Portland, OR Special Instructions: NW 24th at Kearney, First floor, Clock Room Contact: Jeff (503) 490-9866 Note: Meeting room is not wheelchair accessible.	
<b>NEW FREEDOM HILLSBORO CoDA – Hillsboro, OR</b>	<b>Saturday 6:00 PM</b>
Meeting Place: Hillsboro United Methodist Church, 168 NE 8 <sup>th</sup> Ave., Hillsboro, OR Meeting Type: Open, Share Contact: Ginny V. (503) 333-8586 or <a href="mailto:gingirl77@gmail.com">gingirl77@gmail.com</a> Note: 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](mailto:codapdx@gmail.com)**

# 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

**Note: Some of these listings may be outdated. Call to verify meeting or go to [CoDA.org](http://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, 6:00 pm, (541) 915-5425

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) 279-9400 (leave msg)

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