

CoDA for Addicts & Alcoholics

Statement of Purpose

This meeting was started to provide a safe place to talk about both your codependency and addiction to drugs and alcohol. It does not matter what you choose to talk about, but it would be nice to know how they relate to each other. You may be codependent because of issues relating to your childhood, and you used drugs and alcohol to cope. You may be an alcoholic or drug addict and have become codependent in sobriety. When you go to a 12-Step meeting you may not be sure what to talk about because you have so many issues going on. At this meeting you are free to discuss whatever you need to share. We will open up about dual addiction, family of origin issues, our children, our family, our partners, our parents, dating, drugs, alcohol, love addiction and mental illness—anything that relates to your *emotional sobriety*. Welcome to this meeting.