

# CoDA *for Parents*

## Statement of Purpose

Codependent parents are always struggling to find answers to important questions. Whether our children are fifteen or thirty two, we constantly have to ask ourselves: What are healthy boundaries? Do these boundaries change as my children get older? At any given moment, am I helping them or controlling them? Where do my needs leave off and their needs begin? Am I loving them “too much” or not enough? How do I love my children without letting them abuse me? How do I avoid letting my codependency get in the way of healthy parenting? Codependents *Anonymous for parents* was started to provide a safe place to explore questions like this. Together we will share our experience, strength and hope. As a group, we will support each other unconditionally. We will also read literature, share ideas, process information and work the 12-steps of CoDA, as adapted from Alcoholics Anonymous. If you are a codependent parent, or think you might be, join us on our journey toward establishing workable relationships with our children. Please be assured that no particular ideology will be forced upon you. Whatever is shared at these meetings will be suggestions only. You can take what you need and leave the rest. Please join us as we do together what we cannot do alone.