

April, 2016



Dear Mental Health Professional,

We are writing on behalf of the San Diego County Community of Co-Dependents Anonymous also known as CoDA. This e-mail is to acquaint you with our recovery program and to invite you to share this information with your clients as you see fit.

CoDA is a worldwide fellowship of men and women whose common purpose and only requirement is a desire to develop healthy relationships. CoDA relies upon the Twelve Steps and Twelve Traditions, as adapted from Alcoholics Anonymous, for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others.

Co-Dependents Anonymous is a non-professional fellowship. We gather together to support and share with each other in a journey of self-discovery. We share our experience, strength and hope to gain knowledge and wisdom in our current circumstances. Attending meetings allows each of us to become increasingly honest with ourselves about our personal histories and our codependent behaviors.

We have over 25 meetings throughout San Diego County a week, some in the morning, daytime and evenings, including a monthly Speaker Meeting as well as Spanish-speaking meetings in South Bay. There are no dues or fees for meetings, but we are self-supporting through voluntary contributions.

We thank you for your interest in our program and for referring any of your clients if you find there would be value. Also attached is one of our main CoDA overview documents, a current list of meetings in San Diego County, as well as this letter. More of our information can be accessed at our local CoDA website at ([www.sdccoda.org](http://www.sdccoda.org)).

Please feel free to contact me if you have any questions.

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Co-Dependents Anonymous Local Website: [www.sdccoda.org](http://www.sdccoda.org)  
CoDA World Fellowship: [www.coda.org](http://www.coda.org)  
Phone # for Local San Diego Meetings 619-222-1244

