



Co-DEPENDENTS ANONYMOUS

“SHARING EXPERIENCE, STRENGTH, & HOPE”

12-Step Support and Recovery

Tuesdays, 12:00 pm to 1:00 pm

OASIS Community Center

(in-person 2nd floor) or via Zoom

Zoom link on OasisBethlehem.org/calendar

Do you...

- Doubt your perceptions, feelings, and needs?
- Look to others for approval of how you think, feel, and behave?
- Believe that if you can help, fix, or control others, you'll be happy again?

In CoDA, we explore our communication patterns within a supportive community. We look at our unhealthy patterns of...

- Denial & Avoidance
- Control & Compliance
- Low Self-esteem

The only requirement to join is a desire for healthy and loving relationships.



“You can't go back and change the beginning, but you can start where you are and change the ending.”

— C.S. Lewis



OASIS programs are offered to support families and friends impacted by a loved one's substance-use