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## Member Sponsored New Codependent Anonymous Group 4/5/2021

AVUTA is proud to announce a new group to our members, their families, and anyone they know in need. Please pass on this info. This year has been hard; mentally and physically and we need to start caring for ourselves. All of us are dependent on someone or something, maybe even a little too much.

If so, this might be the right group for you. This group is completely anonymous and attendance will not be spoken about outside of the group.

**DR. KRISTY CROFT ED. D AVUTA PRESIDENT**

**ARE THE HURTS, HABITS, AND  
HANG-UPS OF LIFE GETTING  
YOU DOWN?**

**You are not alone!**

### **Co-Dependents Anonymous (CoDA):**

- is a 12-step recovery program for anyone struggling with hurt, pain, or addiction of any kind.
- is a safe place to find community and freedom from the issues that are controlling

## Requirements for a Successful Recovery:

**H** – Honest (rigorous honesty with self/others)

**O** – Open-minded (open to change)

**W** – Willing (willing to take direction)

If you keep doing what you've been doing, you're going to keep getting what you've been getting.

Anonymity and confidentiality are hallmarks of our program, ever reminding us to put principles before personalities.

*Risk-free trial offer: if you decide this program is not for you, we will gladly refund your misery at the door.*

**I can't, we can.**

**When:** In person. Mondays @ 5:30 pm – 1<sup>st</sup> meeting Monday, April 5th

**Where:** AV Church of the Nazarene on Central RD between HWY18 & Bear Valley RD  
Church with the green roof @ Nisqually RD

**Info:** Steve & Heidi Lohmeyer, 760.247.0507, [slohmeier@me.com](mailto:slohmeier@me.com)

