



A periodic newsletter of
the H&I Committee of CoDA

Welcome to "H&I Light" our first "email blast" from CoDA's Hospitals and Institutions Committee (H&I). In an effort to stay connected and support the fellowship we will use this as an avenue to communicate what H&I is working on and share ways you can help the co-dependent who still suffers within institutions and outreach to recourses that can help share CoDA experience, strength, and hope

What H&I has done:

Since July, 2010, H&I has handled letters from 142 different inmates from 22 different institutions.

Did you know:

CoDA makes some of its literature available to inmates and institutions without cost to them? The Codependents Anonymous book and The Twelve Steps & Twelve Traditions Workbook, along with a few booklets are being sent when requested by the inmate. When requesting literature, the inmate needs to include his/her name and number as well as an address at which he/she may receive packages in compliance with institutional policies. All requests are handled by mail sent to: CoDA, PO Box 33577, Phoenix, AZ 85067-3577.

Opportunities for service:

Money may be donated to CoDA for the purpose of purchasing books to be sent to inmates and institution. If someone wants to do this, they can follow the instructions found on the CoDA website under Members/Volunteers then under Opportunities for Service. Currently, for every \$10 donated, 2 books (the one purchased and one added by CoDA) will become available to be sent out when requested. That's a real bargain!