







We welcome you to CoDAteen  
a Teen program for recovery from codependence.

### **Steps for Teens to start a CoDAteen meeting.**

- It only takes two teens, ages 13 to 18 and two adult CoDA Members (Adult hosts) with a desire for healthy and loving relationships to get a meeting started.
- Find a local in-person or online CoDA meeting. You can search for meetings on the CoDA website ([find a meeting](#)). 
- If you already know an adult who attends CoDA that is even better!
- Ask if they are willing to help you start a CoDAteen meeting.
- If you're unable to find a meeting or Adult CoDA member, try reaching out to a CoDA Intergroup. An Intergroup helps other smaller CoDA groups and assists in servicing the local CoDA community. Some intergroups are also online only. You can find a list of intergroups on the CoDA website ([Intergroup contact list](#)). 
- An adult CoDA group will need to contact CoDAteen at [codateen@codas.org](mailto:codateen@codas.org) or go to the CoDAteen [webpage](#) to gather all the information needed to Sponsor a CoDAteen meeting. 
- A sponsor CoDA group (aka sponsor entity) will support and be responsible for the safety of the new CoDAteen meeting. This may include obtaining a [Parent permission letter](#) from teens under 18 years of age. 

- The sponsoring Adult CoDA group will follow some simple instructions to get certified to Host a CoDAteen meeting.
- Work with your meeting sponsoring group to determine a Day, Time, and place (location/online) for your meeting. NOTE: If it's a virtual meeting your Adult Host/Sponsoring group can help you secure a virtual account dedicated for your meeting.
- The CoDAteen group will have service positions. Such as: Meeting Leader, Secretary, Group Service Representative, Treasurer, Literature, Welcome Chip person, and Phone/Email Contact person.
- Descriptions and responsibilities can be found in the CoDAteen Meeting

Handbook.



- Identify the Meeting Format your group will use. See Example in *Section Four of the CoDAteen Meeting Handbook*. The format may be modified as desired as long as you read the four foundational documents which are the CoDAteen Welcome, Preamble, 12 Steps and 12 Traditions.
- You can find the foundational documents in the back of the CoDAteen handbook or on the CoDAteen resources [webpage](#).
- *Section Four of the CoDAteen Handbook* gives you tools such as the Meeting Format, “*the thirty second rule*”, “*IN THIS MOMENT Affirmations*” and “*For Safety Sake*” (sharing guidelines).
- Other great tools are some CoDA’s literature such as the “Affirmations Booklet”, the “*In This Moment Daily Meditation Book*”. They can be located on the CoRe (CoDA [Resource Publishing](#)) webpage.
- The teens decide when to have their monthly business meeting. In this meeting topics such as meeting format, treasury or CoDA community service may be discussed. It’s suggested to set an agenda in advance for the group's input. Decisions are best made with a vote by the group, which is called the “Group Conscience” in CoDA.
- CoDAteen guidelines are intended to help create a safe space to share experiences and feelings.
- The most important requirement is that two adult hosts are present at every meeting, whenever possible. The *minimum behavior and safety requirements* for the adult hosts is linked below.



*Please refer to Section (4) Four of the CoDAteen Meeting Handbook titled “CoDAteen Meeting Structure and CoDAteen Meeting Documents”.*

*No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of CoDAteen!*

Any questions can be directed to your Host/Sponsor or [Codateen@coda.org](mailto:Codateen@coda.org)