Outreach

"Each group has but one primary purpose – to carry its message to the codependent who still suffers."

"Outreach" is the term used for many of the ways to carry the message of recovery, by reaching out to others, sharing our recoveries, and supporting one another.

Unless we get the word out on who we are, and what we do, we cannot attract members. As CoDA members engaging in outreach service, our goal is to share CoDA's message of hope and recovery. We cannot attract if we do not present ourselves. We can do this in so many different ways, and we offer suggestions in the following areas as good ways to get the word out, while respecting the Eleventh Tradition "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film." At all levels (group, region, etc.), there are many ways we can do this outreach to potential members.

A group, Intergroup, or Voting Entity may create a list of local professionals and send a mailing (postal or email) to them. Some CoDA groups have created lists of materials to include in mailings in the spirit of keeping the CoDA Tradition Twelve.

Within CoDA Regional Texas CSG Intergroup

- Communication committee will use effective ways to communicate (IE: maintain distribution lists, e-mail, text (Whatsapp), website: **https://northtexascoda.org** including "Contact Us")

With Therapists:

Done at individual home group level:

1. Search **psychologytoday.com** by home group zip code. Narrow list by selecting "codependency" as a specialty. Call counselors to introduce group and ask if they want to be included for upcoming events and get their e-mail address.
2. Individual groups may have a group conscience to determine if they want to have an e-mail distribution list for their area counselors. Therapists may provide e-mail and phone number to receive communication.

- This could be used to link to northtexascoda.org to notify of upcoming events.
- For introduction of your group to the counselor. See following wording suggestion:

Language to be included in e-mail to therapists/outreach contacts:

Subject Line: We invite you to Codependents Anonymous

Dear Professional:

As a member of the helping profession, you come into contact with individuals who have complex problems and needs. It is likely that many of your clients may be suffering from problems with Relationships with themselves and others.

There is an active CoDA home group in your area. Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. Please visit https://northtexascoda.org for a listing of meeting dates, times and location and upcoming events.

(Include this language if including brochures: Info for Professionals and What is CoDA?):
The attached Brochures provide:

- *Characteristics of Codependency*
- *General Information on the program*
- *Commonly asked questions by the professional*
- *Directions on getting information on CoDA, Literature and Meeting Lists.*

A second brochure (What is CoDA?) is attached which can be given to clients. Both brochures are available for free download at https://coda.org.

In service

You are receiving this message because at one time you agreed to be contacted by members of CoDA North TX CSG. If you no longer wish to be contacted, please reply with your name and type "Unsubscribe" in the subject line.

3. Print business cards with home group address and date and time of meeting.

- Provide to therapists on e-mail distribution list (if applicable). Provide a “CoDA Information for Professionals” and “What is CoDA” flyers (available from website free to download or to be ordered) along with a sample of the business cards.

- These cards and flyers can also be provided by home group members to take in person to their therapists in order to provide to their other clients.