



The Valleys Meeting List for Co-Dependents Anonymous

JULY 2008

- San Fernando, San Gabriel, Santa Clarita, Antelope Valleys & Ventura County -



MEETING TYPE: A = Alternating C = Candlelight O = Open SH = Sharing SP = Speaker ST = Step Study TR = Tradition Study WR = Writing

							THOMAS GUIDE
CITY	TIME	LOCATION	HANDICAP ACCESS	MEETING NOTES	MEETING TYPE	Pg - Coord	
SUNDAY							
Studio City	6:00 PM	Unitarian Church - 12355 Moorpark (Room #9), Upstairs	NO (Upstairs)		SP/SST/SH	562 - F 4	
Glendale	7:30 PM	Verdugo Mental Health Center - 1552 E. Colorado St. @ Lincoln (Arden House) Use Rear Parking Lot Entrance	NO	MEN'S STAG	SH/SP	564 - H 5	
MONDAY							
Claremont	6:00 PM	Claremont Presbyterian Church 1111 N. Mountain Ave.		"Free to be Me"	O/SH	601 - B 2	
Azusa/ Glendora	7:30 PM	1st Assembly Of God Church - 534 No. Alameda Avenue (Back Room)	YES		O/SH	568 - J5	
Glendale	7:30 PM	GLENDALE ADVENTIST Alcohol & Drug Services - 335 S. Mission Rd. (Meeting Room 4)		1st Monday of the month - STEP	O/SH/SP/ST	564 - F 7	
Lancaster	7:30 PM	St. Paul's Episcopal Church - 502 W. Ave K	YES		O/SH/SP/ST	4015 - F 7	
Thousand Oaks	7:45 PM	Ascension Lutheran Church - 1600 Hillcrest Road (Classroom in back)			O/SH/SP/ST	556 - J 1	
TUESDAY							
Pasadena	7:30 PM	First Congregational Church - 464 E Walnut @ Los Robles, Rainbow Room	NO	Adults Only	O/SH/SP	565 - J 4	
Van Nuys	7:30 PM	St. Marks Episcopal Church - 14646 Sherman Way (Rm #1)	YES	"Expect Miracles" WOMEN'S STAG	O/SH/SP	531 - J 5	
Van Nuys	7:30 PM	7th Day Adventist Church - 14615 Sherman Way	YES	LOVE/ACCEPTANCE/ SPIRITUALITY	O/SH/SP	531 - J 4	
WEDNESDAY							
Tarzana	7:30 PM	Tarzana Treatment Center - 18646 Oxnard St (1bl West of Reseda Bl) (Room 108)	YES		O/SH	560 - H1	
Arcadia	7:30 PM	Arcadia Congregational Church - 2607 S. Santa Anita Ave. (Fellowship Hall)	YES		O/SH/SP/WR	597 - J 2	
THURSDAY							
Encino/Tarzana	7:30 PM	St. Paul's United Methodist Church - 5619 Lindley @ Burbank Blvd. (small room on the side)	YES	1st Meeting of the month - STEP	O/SH/SP	561 - A 2	



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FRIDAY						
South Pasadena	12:00 NOON	Oneonta Congregational Church - 1515 Garfield Ave. (<i>Button Hall</i>)	YES	FEAR/ANXIETY	O/SH	596 - A 3
Pasadena	7:30 PM	Church of Truth - 690 E. Orange Grove Bl., Pasadena 91104 (<i>Library in Yale Hall</i>)	YES	Alternates CoDA Book/Speaker	A/O/SP/SH	566 - A3
Thousand Oaks	7:30 PM	Ascension Lutheran Church - 1600 Hillcrest Road (Library)	YES		O/SH	556 - J 1
SATURDAY						
Studio City	10:00 AM	Unitarian Church - 12355 Moorpark (Room #9). Upstairs	NO (<i>Upstairs</i>)		O/ST/SH	562 - F 4
Woodland Hills	10:30 AM	5900 Topanga Canyon Blvd. @ Oxnard St. in the Park <i>On Topanga across the street from Verizon Wirelless store</i> Alt. Location: Upstairs foodcourt at the Promenade across Oxnard St.	YES	"Hope & Meditation"	O/SH/SP	560-A1
Glendale	12:00 NOON	Verdugo Mental Health Center - 1540 E. Colorado St (Arden House) @ Lincoln Parking in front of Arden House	YES	WOMEN'S STAG No children under 18		564 - H 5
La Puente	2:00 PM	St. Louis of France Church - 13935 E. Temple Ave	YES	SPANISH MEETING	O/SH	638 - A 4
Sierra Madre	7:00 PM	45 East Laurel Avenue @ Baldwin Street	YES		O/SP/SH	567 - A2
***** MEETINGS ARE 90 MINUTES LONG UNLESS OTHERWISE STATED *****						

The Valleys CoDA Meeting Information (818) 379-3300

To register new meetings or change meeting information - contact us at P O Box 1029-328, Van Nuys, CA 91408 or leave a message at 818-379-3300.

The Valleys Community Committee website www.coda-tvcc.org

The Valleys Community Committee (TVCC) meets at 7:00 pm on the 1st FRIDAY of January, April, July, and October.
at The Baha'i Community Center (*Multi-purpose Room*), 4830 Genesta Avenue, Encino, CA 91316. This is a monthly business meeting.

TVCC CoDA WORKSHOP - every 3rd SUNDAY of the month from 3 p.m. to 5 p.m. at Encino Hospital (*Encino Classroom - 1st floor*) - 16237 Ventura Blvd., Encino.

Other CoDA Community Information:

[Los Angeles CoDA: 323-969-4995 -- www.lacoda.org](http://www.lacoda.org)

[San Diego County CoDA \(SDCCoDA\): 619-222-1244 -- www.sdccoda.org](http://www.sdccoda.org)

[Desert CoDA Community Group \(DCCG\): 760-779-8878 -- www.desertcoda.org](http://www.desertcoda.org)

[Orange County Community Committee \(OCCoDA\): 714-573-0174 -- www.occcoda.org](http://www.occcoda.org)

[Southern California Regional Committee -- www.socalcoda.org](http://www.socalcoda.org)

[CoDA World Fellowship: 602-227-7991, P.O. Box 33577, Phoenix, AZ 85067-3577 -- www.codependents.org](http://www.codependents.org)

The Preamble of Co-Dependents Anonymous

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 fulfilling relationships. We gather together to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.