

# CoDA Ottawa, CoDA Ontario and CoDA Canada

## Welcome you to

### CAPSA's Virtual Recovery Day 2020

We are happy to again be a part of CAPSA's Recovery Day. It's exciting to be able to make information on codependency recovery available at your fingertips! Codependence Anonymous (CoDA) has links listed below that may interest you and help you on your journey of self-discovery.

- Resources for Newcomers to the CoDA 12 Step Program, with an abundance of information including Patterns and Characteristics of Codependence, Tools of Recovery, descriptions for CoDA literature, is in the Newcomers Package accessed here: <https://codacanada.ca/wp-content/uploads/2020/08/Newcomers-Package-sample-May-2020.pdf>
- A downloadable brochure for the Professional is available here: <https://codacanada.ca/wp-content/uploads/2017/11/healthpro-final-canada.pdf>
- Free downloadable brochures helpful for the Newcomer and the Professional are available at CoDA World: [coda.org: https://coda.org/meeting-materials/service-materials/](https://coda.org/meeting-materials/service-materials/)
- CoDA Canada also provides some of its resources in French, and more are being developed by the Translation Committee: <https://codacanada.ca/meeting-documents-french/>
- CoDA Canada's Online Meeting Schedule is available here: <https://codacanada.ca/online-meeting-schedule/> and the direct link to the Ottawa Online Group here: <https://codacanada.ca/thursday-ottawa-on/>
- The Public Service Announcement (PSA) for CoDA video: <https://www.youtube.com/watch?v=En8klpAsoBY&feature=youtu.be>
- The CoDA Canada Literature Store is accessed through the CDRS estore: <https://cdrsestore.ca/>
- CoDA Canada Events page has postings for workshops, forums and the Annual World Conference and Convention which in 2021 is coming to Ottawa!  
Dates: July 25-Aug 1, 2021  
Location: Delta Marriott Hotel  
101 Lyon Street, Ottawa, ON, CA, K1R5T9, Ottawa, Ontario K1R5T9  
More details here: [https://codacanada.ca/events-calendar/?event\\_id1=4706](https://codacanada.ca/events-calendar/?event_id1=4706)
- For the Host City there is background service work to carry out to help Delegates coming for the international business meeting enjoy our city and to meet and greet them and the Fellowship from across the world attending the workshops and speaker meetings. If interested : <https://www.signupgenius.com/go/9040E45ACAB29A6FA7-hospitality>

In keeping with Tradition 5: Each group has but one primary purpose -- to carry its message to other codependents who still suffer, CoDA Ottawa/Ontario/Canada brings you this information in hopes of reaching those on their spiritual journey.

***We wish you well on your spiritual journey!***