

## GREATER OMAHA CoDA SERVICE GROUP

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Lynn Sanchez  
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Dear Therapist/Counselor:

I am the Community Contact for the Greater Omaha CoDA (CoDependents Anonymous) Service Group. CoDA is reaching out to professionals in our community who may provide support to our members. I have enclosed two pieces of information: **“Am I Codependent?”** and an updated 2011 Omaha area meeting list. Because we are a non-profit organization and rely on donations, we are unable to provide multiple copies of this literature. You are welcome to make as many copies as you wish. Additional literature is available to people attending meetings and from the CoDA local website.

I encourage you to become familiar with codependency and our local group meetings for your clients. You are always welcome to come and observe for yourself, as all of our local meetings are **“OPEN”**. These meetings are not intended to replace individual therapy sessions; instead they compliment them by building a bond among people with similar issues and reinforce the healthy behaviors we learn in therapy & recovery. We also hold several Speakers Meetings annually, as well as social and educational events for our members.

Where do I go for a meeting? That is the common question. Although our meeting schedule has been consistent for the past two years, changes do happen. The enclosed meeting list is the most current list available as of January 2011. Please destroy any old lists or files you have to avoid confusion.

There are several ways to find updates and information on our groups:

- Greater Omaha Area Website: <http://www.codaomaha.org>
- National CoDA Website: <http://www.codependents.org> or [www.coda.org](http://www.coda.org)

- [www.12stephouse.net](http://www.12stephouse.net)

Please feel free to make as many copies as necessary for your clients & contact me with any questions or concerns you might have. If it would be more appropriate to have a male contact, you may call board member CJ T. at (402) 706-0950.

Sincerely,

*Lynn S.*

Lynn Sanchez  
Community Contact