Come and Learn about the Bay Area CoDA Intergroup
All groups are encouraged to send a rep, all CoDA members are welcome
Next Meetings:  5 November, 10 December, 14 January
Fall Conference Saturday 11 November, Kaiser Oakland MC

All in CoDA are invited to join us at the Bay Area CoDA Intergroup (BACI). We begin our meeting with short shares, then proceed together to work the 12th Step: keeping CoDA running, and striving to carry the message to all codependents who still suffer alone. The BACI normally meets on the 2nd Sunday of each month (first Sunday in November, no meeting in May), 10 a.m. (lasts up to 2 hours) at Summit Hospital, 3100 Summit St., Oakland 94609: from the main entrance of Providence Pavilion, take the first right into cafeteria, then through the double doors into the Conference Room. From east I-580 take Webster Street/Broadway exit: left on Webster, right on Hawthorne, left on Summit (Providence Pavilion on left).

STAY UP-TO-DATE -- get the latest meeting list at: www.sfbaycoda.net/MeetingList.pdf
or send a self-addressed stamped envelope to:
Meeting List, 547 Mangels Avenue, San Francisco, CA 94127

Please provide updated information for this list by emailing: articulatedgrunt@yahoo.com.

CoDA services are funded by meeting contributions in excess of prudent reserves; we suggest this distribution:
60% Bay Area CoDA Intergroup (BACI), 547 Mangels Avenue, San Francisco, CA 94127
30% Northern California CoDA, 1800 21st Street, PMB-230, Sacramento, CA 95811-6812
10% Co-Dependents Anonymous, Inc., P.O. Box 33577, Phoenix, AZ 85067

Bay Area CoDA website: www.sfbaycoda.net (Events, latest monthly updated meeting list available)
Bay Area CoDA Information Line / Voicemail: 415/905-6331 (to leave meeting change info, press #)
Para Informacion en Espanol Llaman al Numero: 408/561-0203
World CoDA website with meeting information and more: www.coda.org
World CoDA toll free lines staffed by volunteers: English 888/444-2359, Spanish 888/444-2379

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Alameda County

Sun 6:00-7:30 p.m. Oakland W N R First Congregational Church 2501 Harrison, Angel Room, blue door from parking lot CA494
Mon 6:00-7:30 p.m. Oakland Cos Kaiser Oakland Medical Center 3600 Broadway, Lower Level, Room C CA1237
?Mon 6:00-7:15 p.m. Oakland W Kaiser Medical Office Building 5701 Broadway, 2nd floor, Physical Therapy room CA998
Mon 7:00-8:00 p.m. Fremont N F Slap Face Coffee & Tea 37324 Fremont Blvd. CA1443
*Tues 9:30-10:30 a.m. Oakland Ls Kaiser CDRP (above Smart & Final) 969 Broadway, 12th St. BART, go one block south CA1161
Tues 6:00-7:15 p.m. Oakland Kaiser Fabiola Building 3801 Howe St., Room G-70 CA272
Thur 9:30-10:30 a.m. Oakland S Kaiser CDRP (above Smart & Final) 969 Broadway, 12th St. BART, go one block south CA1102
Thur 6:00-7:15 p.m. Oakland M Kaiser Fabiola Building 3801 Howe St., Room G-70 CA1298

Contra Costa County

Sun 8:00-9:30 a.m. Walnut Creek S N John Muir Medical Center 1601 Ygnacio Valley Rd., Ball Auditorium CA911
Mon 5:30-6:30 p.m. Walnut Creek WNSLs St. Paul's Episcopal Church 1924 Trinity Ave., St. Paul's FMC Nursery CA1360
Tues 9:00-10:00 a.m. Walnut Creek W S N Hillside Covenant Church 2060 Magnolia Way (off Newell) CA893
Wed 7:00-8:30 p.m. Walnut Creek N Kaiser Office Bldg., Room 3C 710 S. Broadway (next to Safeway) CA185
Wed 7:00-8:00 p.m. El Sobrante Hope Lutheran Church 2830 May Road CA1005
Fri 9:30-10:45 a.m. Walnut Creek W S Hillside Covenant Church 2060 Magnolia Way (off Newell) CA1173
Fri 6:30-8:00 p.m. Concord John Muir Behavioral Health 2740 Grant St., Classroom B CA199

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Marin County

Meeting information: 408/872-0733

For info/changes, call Teri: 415-531-3019

Sun 6:00-7:00 p.m. Corte Madera W CF Holy Innocents Episcopal Church 2 Tamalpais Drive (in the Library) CA1437
Tues 6:00-7:00 p.m. Mill Valley LS Strawberry Recreation Center 118 E. Strawberry Dr., 3rd floor Loft, park on Ricardo CA1472
*Wed 8:00-9:00 a.m. Larkspur Redwoods Presbyterian Church 110 Magnolia Ave, downstairs in Conference Room CA380
Thor 7:15-8:15 p.m. San Rafael Alano Club 1360 Lincoln Avenue CA1313
Sat 10:00-11:00 a.m. Larkspur S Redwoods Presbyterian Church 110 Magnolia Ave., downstairs in Conference Room CA1371

San Francisco County

Meeting information: 408/872-0733

For info/changes, call Martin: 415/469-9733

Sun 10:00-11:30 a.m. San Francisco F LS San Francisco Gratitude Center 1320 Seventh Avenue (between Judah & Irving) CA698
Mon 7:30-9:00 p.m. San Francisco NR# Laguna Honda Hospital (First Hill Muni) 375 Laguna Honda, New Pavilion, Level 1, Art Studio CA026
Wed 6:30-7:45 p.m. San Francisco F R Dolores Park Church 65 Dorland Street CA692
Wed 5:45-6:45 p.m. San Francisco S St. Lukes Hospital 3555 Cesar Chavez Street, Conference Room 120 CA1413
Fri 7:00-8:15 p.m. San Francisco LGBT Castro Country Club (fragrance-free) 4058 18th Street (All orientations are welcome) CA989
Sat 4:45-5:45 p.m. San Francisco F N R Marina Dry Dock 2118 Greenwich (at Fillmore) CA1008

* Wknd By arrangement

San Mateo County

Meeting info: 408/872-0733

Mon 6:30-7:30 p.m. San Bruno Bethany Presbyterian Church 2400 Rosewood Drive, downstairs Room 3 CA1458
Mon 6:30-7:30 p.m. San Carlos Trinity Presbyterian Church 1106 Alameda de las Pulgas CA1302
Tues 7:00-8:15 p.m. Burlingame R Wc First Presbyterian Church 1500 Easton Drive, in the parlor (park on Balboa) CA1014
Thur 6:30-7:30 p.m. Redwood Shores S Redwood Shores Public Library 399 Marine Parkway, Conf. Room @ Bridge Pkwy CA1250
Fri 6:00-7:30 p.m. Burlingame SSpW Peninsula Hospital (ground floor) 1501 Trousdale @ El Camino, Medical Center, Rto. H CA097
Sat 9:00-10:15 a.m. Redwood City R Sequoia Christian Church 233 Topaz/Brewster/Alameda de las Pulgas, upstairs CA796

Santa Clara County

Meeting info: 408/872-0733

For changes, Barbara: bobbiesmail1982@gmail.com

Sun 5:00-6:15 p.m. San Jose Alano Club 1122 Fair Ave. (at McLaughlin), Basement CA1212
Mon 7:30-9:00 p.m. Los Gatos SpWc Faith Lutheran Church 16548 Ferris Ave, Room 13 (off inner courtyard) CA886
Wed 11:45a.m.-1:00 p.m. Los Altos R St Williams Catholic Church Cowogin & El Monte, Rectory (lower level) CA314
Mon 6:30-7:30 p.m. San Jose R Alano Club (basement) 1122 Fair Ave. at McLaughlin, (408) 297-1878 CA348
Wed 8:00-9:30 p.m. San Jose M Unity Community Church 175 Bernal Road, Suite 104 CA575
Thu 7:00-8:00 p.m. San Jose L W St. Martin of Tours Ch. (No wc access) 200 O'Connor Drive, rectory bet. church and gym CA****
Thu 7:30-8:45 p.m. San Jose W R Lincoln Glen Church (Adults only) 2700 Booksin Avenue (back parking lot) CA1142
Fri 7:15-8:45 p.m. Mt View R Wc El Camino Hospital 2500 Grant Road, basement of Main blding, Room C CA580

Santa Cruz & Monterey Counties

Meeting info: (Santa Cruz) 831/469-6096 (Monterey) Bob W. 831-224-5411

Mon 6:00-6:50 p.m. Santa Cruz HI Wc Westside Chapel 707 Fair Avenue CA992
Mon 7:00-8:30 p.m. Santa Cruz W Sp County Medical Clinic 1080 Emeline St., Bldg. D - Basement (Sm. Auditorium) CA073
Wed 7:00-8:30 p.m. Santa Cruz S Complex, Building F 1060 Emeline St., Solarium (enter from downstairs) CA024
Thur -- --- --- ------- --------- ------- ---
Thur 5:30-6:30 p.m. Watsonville Lutheran Community Church 95 Alta Vista Avenue, Adam Dan Hall (in back) CA1387
Thu 7:00-8:00 p.m. Monterey R, N The Monterey Fellowship Hall 519 Hartnell St., room is downstairs of the building CA1275
Thu 7:30-8:30 p.m. Monterey W R F St. James Episcopal Church 381 High St., Mcgowan House, High St. entr., upstairs CA1388
Fri 7:00-9:00 p.m. Monterey (Spanish) YWCA 915 Hilby Avenue, Suite 26 CA1323
Sat 8:00-9:30 p.m. Santa Cruz S Seabright State Beach (June - Aug. only) From end of 3rd Ave. walk down steps, near windscock CA1117

Solano & Napa Counties

Meeting info: Solano/Napa County: Kay O. 707-253-8731

Mon 6:00-7:30 p.m. Vacaville LS Unity of the Valley Spiritual Center 350 N. Orchard Avenue CA1433
Mon 7:00-8:30 p.m. Vallejo S Wc Kaiser Broadway Clinic 1761 Broadway, Room 6 CA1062
+ Tues 6:00-7:00 p.m. Benicia Southern Solano Alano Club 960 Grant St., Suite B CA1484
Tues 6:00-7:15 p.m. Vallejo Kaiser C.D.R.P. Building 800 Serena Drive, First Floor, Room E CA1265
Thur 5:30-6:30 p.m. Vacaville Kaiser Medical Office Building 1 Quality Drive, Conference Room 1 CA1359
Thur 7:30-9:00 p.m. Napa S Sp T Innovations Community Center 3281 Solano Avenue (bet. Verna and Kathleen) CA898

Sonoma County

To volunteer to be a Sonoma County contact, notify webmaster, email at bottom

Sun 7:30-9:00 p.m. Santa Rosa First United Methodist Church 1551 Montgomery Drive, Chapel (next to restrooms) CA080
Mon 9:15-10:00 a.m. Sonoma Sp T Vintage House 264 First St., Room 106 CA1251
Mon 6:30-8:00 p.m. Sebastopol W F Community Church of Sebastopol 1000 Gravenstein Highway North (Highway 116) CA1044
Tues 7:30-8:45 p.m. Petaluma. R Elim Lutheran Church 504 Baker St.(cross Western Ave.), in the main church CA459
Wed 7:30-8:30 p.m. Santa Rosa R Universalist Unitarian Congregation 547 Mendocino Ave., Room 2 at rear (Meadow rm.) CA404
Fri 6:30-8:00 p.m. Sebastopol W S Community Church of Sebastopol 1000 Gravenstein Highway N. (Highway 116), Rm. 4 CA1274 X
Sat 10:30 a.m.-Noon Santa Rosa ReStyle Marketplace 1001 W. College Avenue, ArtStyle room CA753

Meetings in nearby counties

Wed 7:15-8:30 p.m. Modesto McHenry Village Health Conf. Center 1700 McHenry Avenue (info call Michael 209/575-4596) CA941

C=Clean&Sober Co=Cosponsorship focus F=Fragrance-free G=Gay H=Hospitals & Institutions L=Lesbian LGBT= Lesbian,Gay,Bisexual,Transsexual Ls=Literature Study M=Men’s N=format explicitly accommodates Newcomers R=rotoating format S=Step Study Sp=Speaker Teen=13-19 yrs. only T=Topic Discussion W=Women’s Wc=Wheelchair #=focus on sponsorship. Unless otherwise indicated, all meetings welcome Newcomers All meetings are presumed to be Non-Smoking.

"+" = addition  "X" = change/correction  "!!" = not weekly  "*" = attendance low  
"?" = active status in question, please email articulatedgrunt@yahoo.com with up-to-date information