

SOME MEETINGS have resumed in-person, look for “=” prefix, visit [sfbaycoda.net](http://sfbaycoda.net) for information on meetings via phone/Zoom

**NCC BACI Fall Conference 9 November, Walnut Creek**  
for details [www.sfbaycoda.net/Conference.htm](http://www.sfbaycoda.net/Conference.htm)

**Next BACI Meetings: 13 October, 3 November**  
**(virtual until further notice)**

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 12<sup>th</sup> 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, potentially no meeting in May), 10 a.m. (lasts upto 2 hours) Only Zoom until further notice, for joining information email: [articulatedgrunt@yahoo.com](mailto:articulatedgrunt@yahoo.com)

**STAY UP-TO-DATE** -- get the latest meeting list at: [www.sfbaycoda.net/MeetingList.pdf](http://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](mailto: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), 1 Weatherly Drive, Apt.#105, Mill Valley, CA 94941  
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](http://www.sfbaycoda.net) (Conference info/registration, latest monthly meeting list available)**  
**Bay Area CoDA Information Line / Voicemail: 415/905-6331 (to leave meeting change info, press #)**  
**For CoDA literature contact: John Y. 415/386-3091; email: [yavorskyjohn@yahoo.com](mailto:yavorskyjohn@yahoo.com)**  
**BACI Treasurer: Kati 775/720-7534; email: [tahoekati@aol.com](mailto:tahoekati@aol.com)**  
**Para Informacion en Espanol: Paty 408/401-1405**  
**Northern California (Nor-Cal) CoDA: [www.norcalcoda.org](http://www.norcalcoda.org)**  
**World CoDA website with meeting information and more: [www.coda.org](http://www.coda.org)**  
**World CoDA toll free lines staffed by volunteers: English 888/444-2359, Spanish 888/444-2379**

<b>Alameda County</b>		<b>Meeting information: <a href="http://www.sfbaycoda.net">www.sfbaycoda.net</a></b>		<b>For more info, call Laura at 925/683-8612</b>	
Sun 6:00-7:30 p.m.	Oakland	W Tr N	Zoom only for foreseeable future	<a href="http://www.sfbaycoda.net/Alameda.htm">www.sfbaycoda.net/Alameda.htm</a> for more	CA0494
INACTIVE X Mon	6:00-7:30 p.m.		<i>OaklandCosKaiser Oakland Medical Center</i>	<i>3600 Broadway, Lower Level, Room C</i>	CA1237
X? Mon -----	-----	---	-----	-----	CA0998
= Mon 7:00-8:00 p.m.	Fremont	N F	Fremont Community Church	39700 Mission Blvd., Conference room	CA0986
* Tues Noon-1:00 p.m.	Oakland	Ls	Kaiser CDRP	380 West MacArthur Blvd., Room 3	CA1161
Tues 6:00-7:15 p.m.	Oakland		Kaiser Fabiola Building	3801 Howe St., Room G-70	CA0272
=Tues 7:00-8:00 p.m.	Berkeley	LGBTQIAA+	Pacific Center for Human Growth	2130 Center St., Suite 200	CA1639
= Tues 7:00-8:00 p.m.	Livermore		Crosswinds Church	1660 Freisman Road	CA1618
Thurs 9:30-10:45 a.m.	Oakland	S	Zoom only – Contact:	Becky: 510-684-8797 <a href="mailto:bouncylife@gmail.com">bouncylife@gmail.com</a>	CA1102
Thur 6:00-7:15 p.m.	Oakland	M	Kaiser Fabiola Building	3801 Howe St., Room G-70	CA1298
Thurs 6:30-8:00 p.m.	San Leandro		(Spanish)First United Methodist Church	1600 Bancroft Avenue	CA1216
Fri 10:00 a.m.	VIRTUAL/Zoom		Codependency and Health	Details at: <a href="http://www.sfbaycoda.net/Alameda.htm">www.sfbaycoda.net/Alameda.htm</a>	WW0539
Fri 6:00-7:15 p.m.	Oakland		Kaiser Fabiola Building	3801 Howe St., Room G-70	CA0754
Sat 9:30-10:45 a.m.	Oakland	W S	Kaiser Fabiola Building	3801 Howe St., Room G-70	CA1476

<b>Contra Costa County</b>		<b>Meeting information: <a href="http://www.sfbaycoda.net">www.sfbaycoda.net</a></b>		<b>For more info, call Laura at 925/683-8612</b>	
Sun 8:00-9:30 a.m.	Walnut Creek	S N	John Muir Medical Center	1601 Ygnacio Valley Rd., Ball Auditorium	CA0911
=Sun 5:00-6:00 p.m.	Antioch		Alano Club	710 W. 1st St.	CA1611
=Mon 9:00-11:00 a.m.	Richmond		(Spanish) The Latina Center	3701 Barrett Ave.	CA1608
Mon 5:30-6:30 p.m.	Walnut Creek	WNSLs	St. Paul's Episcopal Church	1924 Trinity Ave., St. Paul's FMC Nursery	CA1360
=Mon 5:45-6:45 p.m.	Oakley	S Sp Ls	St. Anthony's Church	971 O'Hara Ave., Trailer	CA1563
=Mon 7:00 p.m.	Richmond	S	(Spanish) Ministerio Belen	1401 Cutting Blvd.	CA1565
= Tues 9:00-10:00 a.m.	Walnut Creek	W S N	Hillside Covenant Church	2060 Magnolia Way (off Newell), Room 3/4	CA0893
= Tues 6:00-7:00 p.m.	Walnut Creek		Unity of Walnut Church	1871 Geary Road	CA1603+
=Wed 5:45-6:45 p.m.	Oakley	S Sp Ls	St. Anthony's Church	971 O'Hara Ave., Trailer	CA1569
= Wed 7:00-8:30 p.m.	Walnut Creek		St. Paul's Episcopal Church., Room 1	1924 Trinity Ave. (backside of church)	CA0185
? Wed 7:00-8:00 p.m.	El Sobrante		Hope Lutheran Church	2830 May Road	CA1632
z Fri 9:30-10:45 a.m.	VIRTUAL/Zoom	W S F	For more information visit:	<a href="http://www.sfbaycoda.net/Contra.htm">www.sfbaycoda.net/Contra.htm</a>	CA1173
= Sat 10:00-11:00 a.m.	Pleasant Hill		St. Mark's Lutheran Church	3051 Putnam Blvd., Literature Study	CA1557

**Marin County** Meeting information: [www.sfbaycoda.net](http://www.sfbaycoda.net) For more info, call Teri: 415-531-3019

Sun	6:00-7:00 p.m.	Corte Madera	W C F	Holy Innocents Episcopal Church	2 Tamalpais Drive (in the Library)	CA1437
= Wed	8:00-9:00 a.m.	Larkspur		Redwoods Presbyterian Church	110 Magnolia Ave, upstairs in Library Room	CA0380
= Thur	7:15-8:15 p.m.	San Rafael	H	First Presbyterian Church	1510 5 <sup>th</sup> Ave.(From back, upstairs, 1 <sup>st</sup> classroom on left)	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: [www.sfbaycoda.net](http://www.sfbaycoda.net) 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)	CA0698
Mon	-----	-----	---	-----	-----	CA0026
? Wed	6:30-7:45 p.m.	San Francisco	F R	Dolores Park Church	65 Dorland Street, Third floor	CA0692
? Wed	5:45-6:45 p.m.	San Francisco	S	CPMC Mission Bernal Hospital	3555 Cesar Chavez Street, Conference Room 2910	CA1413
? Wed	7:30-8:30 p.m.	San Francisco	F N R	Marina Dry Dock	2118 Greenwich (at Fillmore)	CA????
=Fri	3:30-4:30 p.m.	San Francisco	S Sp Ls	LGBTQQIAA+ CoDA in the Castro	4058 18 <sup>th</sup> Street	CA1598
Sat	7:30-8:30 a.m.	Zoom only	W	Zoom: +1-669-900-6833	Meeting ID: 297 173 3783 Password: W1M5C9	*****
Sat	4:45-5:45 p.m.	San Francisco	F N R	Marina Dry Dock	2118 Greenwich (at Fillmore)	CA1008

**San Mateo County**

For individual meeting information visit: [www.sbcoda.org](http://www.sbcoda.org)

**Santa Clara County** For changes, Barbara: bobbiesmail1982@gmail.com

For individual meeting information visit: [www.sbcoda.org](http://www.sbcoda.org)

**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	Wc	Westside Chapel	707 Fair Avenue	CA0992
Wed	7:00-8:30 p.m.	Santa Cruz	Phone 1-301-715-8592, Meeting ID: 477 294 430 password: coda; https://us02web.zoom.us/j/477294430			CA0024
? Thur	5:30-6:30 p.m.	Watsonville		Lutheran Community Church	95 Alta Vista Avenue, Adam Dan Hall (in back)	CA1387
Thur	7:00-8:00 p.m.	Santa Cruz	Ls S Sp	Quaker Meeting House	225 Rooney St.	CA1561
Thur	7:30-8:30 p.m.	Monterey	W R F	St. Timothy's Lutheran Church	52 Soledad Dr., in the lounge	CA1388
X Sat	5:00-6:15 p.m.	Santa Cruz		"Learning to Love the Self"	Zoom only	CA1540
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 windsock	CA1117

**Solano & Napa Counties** Meeting info: [www.sfbaycoda.net](http://www.sfbaycoda.net) Kay O. 707-253-8731

? Sun	5:30-6:30 p.m.	Benicia		Southern Solano Alano Club	960 Grant St., Suite B	CA1517
Tues	6:00-7:00 p.m.	Benicia		Southern Solano Alano Club	960 Grant St., Suite B	CA1484
Wed	7:00-8:15 p.m.	Vallejo		ONLINE ONLY	Latest info call David R. 510-653-2871	CA1265
? Thur	5:30-6:30 p.m.	Vacaville		Kaiser Medical Office Building	1 Quality Drive, Conference Room 1	CA1359

**Sonoma County** Info: [www.sfbaycoda.net](http://www.sfbaycoda.net) Anna 707-360-8170 or sonomacountycoda@gmail.com

= Sun	6:00-7:00 p.m.	Santa Rosa	F P R	Presbyterian Church of the Roses	2500 Patio Court (fragrance-free!)	CA1507
Mon	9:15-10:00 a.m.	Sonoma	Sp T	Zoom only	Info at <a href="http://www.sfbaycoda.net/Sonoma.htm">www.sfbaycoda.net/Sonoma.htm</a>	CA1251
Mon	-----	-----	---	-----	-----	CA1044
Mon	-----	-----	---	-----	-----	CA1481
= Tues	7:30-8:45 p.m.	Petaluma.	R	Elim Lutheran Church	504 Baker St., rm. 10, only 1 <sup>st</sup> Tuesday, otherwise Zoom	CA0459
Wed	7:00-8:30 p.m.	Santa Rosa	R	Phone meeting only	Info at <a href="http://www.sfbaycoda.net/Sonoma.htm">www.sfbaycoda.net/Sonoma.htm</a>	CA0404
Fri	5:45-7:15 p.m.	Sebastopol	W S	Zoom meeting	Info at <a href="http://www.sfbaycoda.net/Sonoma.htm">www.sfbaycoda.net/Sonoma.htm</a>	WW811
= Sat	10:30 a.m.-Noon	Santa Rosa		Universalist Unitarian Congregation	547 Mendocino Ave., Room 3	CA0753

**Meetings in nearby counties** Meeting info: [www.sfbaycoda.net](http://www.sfbaycoda.net)

? Wed	7:15-8:30 p.m.	Modesto		McHenry Village Health Conf. Center	1700 McHenry Avenue (info call Michael 209/575-4596)	CA0941
? Thur	6:30-8:00 p.m.	Hidden Valley Lake	S	HVLCCommunity Service District	19400 Hartmann Road	CA1493
? Sat	9:00-10:15 a.m.	Tracy	S	WorkVine209 (The old outlets)	1005 East Pescadero Ave., Unit 167	CA1539

C=Clean&Sober Cos=Cosponsorship focus F=Franchise-free G=Gay H=Hybrid: Zoom&In-Person L=Lesbian LGBT= Lesbian,Gay,Bisexual,Transgender Ls=Literature Study M=Men's N=format explicitly accommodates newcomers P=no pets except licensed service dogs R=rotating format S=Step Study Sp=Speaker T=Topic Discussion Tn=Teen Tr=Transgender included W=Women's We=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 "=" = in-person resumed  
"??" = active status in question "z" = confirmed Zoom only

Please email [articulatedgrunt@yahoo.com](mailto:articulatedgrunt@yahoo.com) with up-to-date information