



# **CODA AZ VE YEARLY REPORT**

**2023**



# ABOUT US

## AZ CoDA Voting Entity Contains 3 Intergroups

### 1. Arizona North Central CoDA Region (ANCoR)

- a) Located in metro Phoenix, covering ALL of Northern and Central Arizona
- b) Meets every other month on Zoom. There is no physical address or general phone number
- c) Website: [azcoda.org](http://azcoda.org)

### 2. Tucson CoDA Intergroup (TCI)

- a) Located in Tucson, covering all of Southern Arizona
- b) Meets every other month on Zoom. There is no physical address or general phone number
- c) Website: [codatucson.org](http://codatucson.org)

### 3. Flagstaff Community CoDA

- a) Appears to be inactive, ANCoR services their CoDA meetings



# ANCOR (PHOENIX) INTERGROUP

## MEMBERS

**Chair** - Becky T

**Vice Chair** - Kary W

**Secretary** - vacant

**Treasurer** - Cindy W

**Web Committee Chair** - John H

**Local Events Committee Chair**  
- Sharma D

**Zoom Events Committee**

**Chairs** - Jackie H and Rhona C

**Outreach Committee Chair** -  
vacant

# ANCOR GOALS & OBJECTIVES

## LOOKING BACK

- Participated in the Fall 2022 & Spring 2023 Paradise Valley Community College Mental Health & Wellness Information Fair
- As of July 2023, ANCoR has 54 active registered meetings. Meetings are a combination of in-person, hybrid, and zoom only.
- Separated Events Committee into Local Live and Zoom Committees.
- Local Live hosts approximately 1 Workshop per month on a variety of topics and recovery activities which average 60-70 participants
- Hosts weekly speaker series workshop Zoom meetings which average 40-70 participants
- An Australian member joined a zoom group, then made a trip to Phoenix and attended the meeting in person for 2 weeks.

## LOOKING FORWARD

- Develop methods to increase participation at the Intergroup level
- Create a periodic newsletter/distribution of information for the still suffering co-dependent
- Redesign ANCoR website



# TCI (TUCSON) INTERGROUP

## MEMBERS

**Chair:** rotating

**Secretary:** Kay L

**Treasurer:** Chris S

**Admin:** Sara J

**Outreach:** LeSha C

**Events:** Tammy B

**Other members:** Lucinda, Sharma, Nancy J

## HISTORY

TCI, started in November of 2012 with about 12 members. Now we are 6 strong.

Before Covid, we had a stand at many Health Fairs handing out info and excitement about CoDA to attendees as well as other booths, mostly behavioral health representatives. They were fun believed to lead to increased attendance and their desire for TCI to hold meetings at their facilities.

TCI couldn't meet the requests for meetings due to lack of leaders.

Historically have had meetings at 4 to 5 facilities.

Currently just one at Cottonwood Behavioral Health.

# TCI GOALS & OBJECTIVES

## LOOKING BACK

- Twice a year we provide counselors and behavioral health institutions with pamphlets and meeting lists for the professionals and their lobbies. Many newcomers say their therapists recommended CoDA.
- Put on numerous workshops and speaker events, sometimes asking members from Phoenix to come and speak. Most of them had potlucks and were well attended.
- We have a total of seven meetings: five in person, one hybrid, and one Spanish on Zoom.
- One meeting, started from a hybrid meeting became Precious & Free International, which has members from various countries and the US, which is going strong.

## LOOKING FORWARD

- Continue to meet every other month.
- Have annual review of Operational Guidelines based on the ANCoR Guidelines.



# SUMMARY

At Arizona Voting Entity we are committed in both our active Intergroups to reach and support the still suffering codependent in as many ways as possible.



# THANK YOU

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<https://azcoda.org/>