Most of us come into Co-Anon feeling desperate. We are deeply concerned about the use of cocaine or any other mind-altering subtances by a relative or friend.

Our concern for another is greatly affecting our own lives. We come to Co-Anon because we want and need help.

Through the fellowship of Co-Anon many of us have found that help. We have learned ways out of our misery and despair and are living happy and productive lives.

Suggestions

We suggest that you attend 6-8 consecutive meetings before you decide whether the Co-Anon Program is for you. We also suggest that you make no major changes in your life for the first 6 months to a year, unless there is violence. In the meantime continue to attend Co-Anon meetings regularly and use the Co-Anon Tools for Recovery.

Co-Anon Family Groups are for friends and family members affected by the disease of addiction.

Find a meeting near you

www.co-anon.org

To The Co-Anon ***Newcomer***

www.co-anon.org

Co-Anon Tools For Recovery

1. Attend Meetings
Attend as many meetings as possible and keep an open mind. Remember: our situations do not develop overnight and it will take time for us to work our way through them.

2. Read the Literature
Read and re-read all of the information in the Newcomer Pack. Get any additional literature that is available at the meetings and try to read some of it every day.

3. Share at Meetings
Co-Anon meetings provide special time for Newcomers to share, usually toward the end of each meeting. At this time newcomers are encouraged to ask specific questions to the group or to share their feelings and concerns.

4. Reach Out
You can use the co-anon.org website to find meetings taking place near you and reach out to people directly via phone or email. These fellows are willing to be contacted when we need to ask a question or to share something that is happening in our lives in confidence.

5. Use the Slogans
We use the slogans in order to help ourselves out of our difficult situations and to develop our peace of mind. Some of our slogans are: "Live and Let Live", "Easy Does It", “Let Go and Let God", "This Too Shall Pass", "Think", "Listen and Learn", "Turn It Over", "Progress Not Perfection", "One Day At A Time", "Keep It Simple", "3 C’s: Didn’t Cause It, Can’t Control It, Can’t Cure It", "3 A's: Awareness, Acceptance, Action", "First Things First".

6. Use the Serenity Prayer
It helps to remember that there is a Power greater than ourselves and that the only person each of us can change is ourselves.
God grant me the Serenity to accept the things I cannot change
the Courage to change the things I can and
the Wisdom to know the difference

7. Study the Twelve Steps of Co-Anon Family Groups
We use the 12 Steps to guide us in our personal growth and enlightenment. We have found
that by working these steps we find solutions to practically any problem. Co-Anon has specific meetings designated for study and discussion of the 12 Steps.

8. Write
Writing is an important part of our spiritual growth and recovery. We write in order to clarify and to let go of our thoughts and feelings. We may wish to keep our writing confidential or to share it with a trusted friend in Co-Anon.

9. Get A Sponsor
A Sponsor is a member of Co-Anon who has completed the Twelve Steps. It is suggested this person is of the same gender as us but this is not a rule or requirement.It is ultimately down to who we feel comfortable with and whose journey we identify with. A Sponsor is someone with whom we develop a close relationship in order to share our personal feelings. A Sponsor is someone who gives us guidance in working the 12 Steps.

10. Pray
Co-Anon is a spiritual, rather than a religious program. For many of us, our way out of the pain begins when we admit that our lives have become unmanageable and we become willing to turn to a Power greater than ourselves.

A Few Special Words To Newcomers
If you are concerned about someone else's use of cocaine or any other mind-altering substances we are concerned about you. Co-Anon is the right place for you. Keep coming back! It works!