

Starting an Online CoDA Meeting

- 1. Who is starting it?** Are you a part of a regular meeting that plans to put its meeting online? Once your meeting has made that decision and plans to support it, register it [HERE](#).
- 2. If the online meeting is not being sponsored by a regular meeting,** register it once you have decided on a start date and have people who can host the meeting. You may want to attend some other online or alternate meetings to learn how meetings are run and to attend a meeting to support your own recovery.
- 3. Which platform shall I use?** Zoom, Free Conference Call, Google Meet and phone meetings are some possible platforms. Look at the [Online Meeting Resources](#) page. It has information on various platforms, etiquette during an online meeting and some techniques for making the meeting a safe place.
- 4. Who is available to host?** Do you have people who can host the meeting? Are there others who are willing to be trained? If you have just one person who can host it, that person may face "burnout".
- 5. What is the cost of having an online meeting?** Can you afford it? If it is free, are there time restrictions? Can the cost be shared with another meeting? In CoDA, we are self-supporting (Tradition Seven). You will be funded by donations from participants. How can they support the meeting? e-transfer?, cheque? etc.
- 6. Choose a Format (script).** You can use one from the [Meeting Materials](#) page for "Online meetings" or adapt one meant for a regular meeting. Like regular meetings, the "Foundational Documents" are to be read at **every** meeting.
- 7. How are participants going to get CoDA materials?** At a regular meeting, there would be a table of materials that members could buy. For an online meeting, some materials are available for free download on the [Meeting Materials](#) page. Booklets and books including some digital materials such as the CoDA Blue Book and the Twelve Steps and Twelve Traditions Workbook are available at the [Co-Dependents Recovery Society \(CDRS\) eStore](#) in English, French and some other languages.
- 8. The pamphlet [Starting a New CoDA Meeting](#)** has a lot of ideas applicable to any meeting, regular, online or alternate.