

# Online Meeting Schedule

**Join Us on Zoom for Virtual Meetings! All Are Welcome!!!**

**SUNDAY—10 to 11AM (PST): Meeting ID: 302 462 886**

**SUNDAY—5PM to 6PM (PST): Meeting ID: 864 6756 5130**

**MONDAY-10 to 11 AM (PST): Meeting ID: 373 756 106**

**MONDAY– 5to 6 PM (PST): Meeting ID: 597 932 554**

**TUESDAY– 10 to 11 AM (PST): Meeting ID: 510 712 003**

**TUESDAY– 5to 6 PM (PST): Meeting ID: 268 498 372**

**WEDNESDAY– 10 to 11 AM (PST): Meeting ID: 373 756 106**

**WEDNESDAY—6 to 7PM (PST): Meeting ID: 243 702 929**

**STEP STUDY Meeting: THURSDAY– 10 to 11 AM (PST): Meeting ID: 510 712 003**

**THURSDAY-5 to 6 PM (PST): Meeting ID: 268 498 372**

**FRIDAY– 10 to 11 AM (PST): Meeting ID: 373 756 106**

**FRIDAY-5 to 6 PM (PST): Meeting ID: 597 932 554**

**SATURDAY– 10 to 11 AM (PST): Meeting ID: 146 152 218**

**SATURDAY—5PM to 6PM (PST): Meeting ID: 864 6756 5130**

**“FUN IN RECOVERY” ART GROUP: TUESDAY– 3 to 4 PM (PST):**

**Meeting ID: 880 5083 0159**

Visit <https://ddainc.org/online-meeting-links> for clickable links and even morning meetings

# Just for Today

- \* Just for today I will focus on my DDA recovery program of the 12 Steps Plus 5.
- \* Just for today I will remain clean and sober and if I am taking medication I will do so as prescribed.
- \* Just for today I will keep an Open mind and be Willing to listen to the advice of my DDA support group, my prescriber, and my clinician.
- \* Just for today I will allow myself to have faith in someone in the DDA program who has faith in me and my recovery.
- \* Just for today I will have a program. I recognize that I will make mistakes along the way, but I will follow the DDA program to the best of my ability.
- \* Just for today I will utilize the DDA program of shared experiences, strength, solidarity and hope in order to gain a better perspective on my life.
- \* Just for today I will not dwell on the past nor place undue concern on the future.
- \* Just for today I will not grant fear or worry space in my thoughts. By choosing to live 'One Day at A Time', and by following the principles of DDA, I need not be afraid.
- \* Just for today I will see HOW working an Honest program is helping others and allow the blessings of my Higher Power to flow throughout my life.
- \* Just for today I will allow myself to be me. I will accept myself for whom and where I am. I will allow others the same courtesy, that they may be free to grow, and that I may be freed from the burden of resentment.
- \* Just for today I will 'Live and Let Live.' If I become unable to do this, then I will place trust in my Higher Power and remind myself to just 'Let Go and Let God.'
- \* Just for today I will live 'Life On Life's Terms.' And by doing so I will recognize when I need support for symptoms of my dual diagnosis or when I am in danger of relapse and I will seek help from the fellowship of DDA, my Higher Power, my prescriber and my clinician.

## What is DDA?

**Dual Diagnosis Anonymous (DDA)** is customized version of the 12 steps of AA with an additional 5 steps addressing mental wellbeing and healthy lifestyles. This peer support group has proven to be a successful bridge between members' mental health providers and their everyday lives, offering the extra support necessary to those who live with a dual diagnosis.

## Words from our Members

*"Literally, the best people to connect with if you are serious about wanting support for addictions and mental health challenges."* -Gina Nikkel

*"This program changed my life! It broke the stigma I carried against my own diagnosis and provided me the tools necessary to live a sober life on a daily basis."* -Luke Boger

For more information on Dual Diagnosis Anonymous, starting a new meeting, or to make a contribution please contact us at our office or website.

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of Oregon, Inc.**  
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Your contributions allow us to continue our mission of hope and recovery.

Visit our website to make a donation.

[ddainc.org](http://ddainc.org)

## Dual Diagnosis Anonymous Online Meetings



*"To live without hope is to cease to live."*  
—Dostoyevsky

## Our Mission

•Each DDA group has one primary purpose - to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis•