

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.

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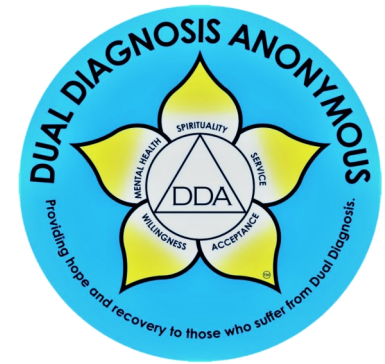
Your contributions allow us to continue our mission of hope and recovery.

Visit our website to make a donation.

ddainc.org

Authorized DDA Materials Rev. 9/2019

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.

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.