

## What is a Home Group?

A Home Group is the meeting you most associate with and regularly attend.

Why have a Home Group?

- Choosing a home group is one of the first major steps taken towards breaking the deep sense of isolation while building connections with others in recovery.
- It offers newcomers opportunities to meet those with long-term recovery.
- It can become a place of safety and belonging where you can share your innermost thoughts and feelings without judgment.
- A Home Group offers opportunities to take service positions attend business meetings and take an active role in CoDA.