

Discovering CoDAteen

Unity Day Gathering

Saturday October 10, 2026

Lehigh Valley Monthly Meeting "Quaker"
4116 Bath Pike, Bethlehem PA 18017

Are you a teen or young adult interested in building healthier, more fulfilling and loving relationships with others and yourself? The Free to Be Me Group invites you to join us for the Discovering CoDAteen session during our Unity Day event. Come experience a welcoming atmosphere and discover how CoDAteen offers hope, support, and recovery. Whether you're simply curious or looking for a place to belong, we'd love to meet you.

CoDAteen Adult Hosts will be available during lunch at Noon to meet with teens, young adults, and parents, and to answer questions and share information about the CoDAteen program. The Discovering CoDAteen session begins at 12:30 pm. Parents and caregivers are warmly invited to attend to learn more about CoDAteen. We hope you'll stop by, meet and discover what CoDAteen has to offer.

Teens and young adults are welcome to attend the entire Unity Day event (8:30-2:15) at no cost. Join us for a day of learning, encouragement, and connection. Discover the hope that comes from sharing with others and knowing you don't have to face life's challenges alone.



Is CoDAteen for me?

**Do you struggle with having friendships or relationships?
Do you ever feel sad, depressed, lonely, or isolated?
Do you feel like you don't fit in?
Do you feel responsible for others around you?
Do you have difficulty saying "NO"?**

Come join us at Unity Day to learn more

CoDAteens are Welcome to Attend Unity Day

(Teens and Young Adults are free to attend)

Discovering CoDAteen session with Lunch starts at Noon

Questions for Adult Hosts: Linda C. 516-790-2587 or Jim V. 610-264-7046