



What is H&I?

H&I stands for Hospitals and Institutions. H&I is a branch of CDA that organizes and maintains service commitments at hospitals, treatment centers and corrections facilities in our area. H&I provides us with yet another way to spread the CDA message of love and service to those still suffering from Chemical Dependence.

Why should I care?

- Service has proven to help CDA members stay clean & sober.
- Service is one of the best ways to consistently work Step 12.
- Service is an essential part of a balanced recovery.
- Service will help hold you accountable.
- Your sponsor said so.

Are there any requirements?

YES. To be eligible for service commitments, you must meet the following minimum requirements:

- 6 Months of clean time
- Regular attendance at meetings

There are extra requirements and an application process for service commitments at corrections facilities. Please call for more information.

How do I sign up?

Contact Matt G. at 240.498.6466 or cdacommitment@gmail.com