

SHARE! Downtown Meeting Directory January 2012

425 S. Broadway L.A. CA 90013 (213) 213-0100

SUNDAY

12:30 pm **Co-Dependientes Anonimos**
(1st and 3rd Sunday) Co-Dependents Anonymous
in Spanish

1:00 pm **Depression and Bipolar Support Group**

3:30pm **Narcotics Anonymous**
"How and why it works"

3:30 pm **Adictos al Sexo y al Amor Anonimos**
(Sex and Love Addicts Anonymous SLAA in
Spanish)

7:30 pm **Cocaine Anonymous**
"Turn Right and Go Forward"

MONDAY

7:30 pm **SOS, An alternative sobriety path**
(non 12-step)

7:30pm **Coping Skills Support Group**

7:30 pm **CODA Men's Stag**

7:30 pm CODA Women's Stag

7:30 pm **Adictos al Sexo y al Amor Anonimos**
(Sex and Love Addicts Anonymous in Spanish)

TUESDAY

12:30 pm **Free 'N' One** (Free From Drugs and
Alcohol and One With Christ)*

3:30 pm **Healing After the Pain**

7:30 pm **AA Big Book Study**

7:30pm **Adictos al Sexo Anónimos**
(Sex Addicts Anonymous SAA in Spanish)

7:30 pm **Narcóticos Anónimos** (Narcoitics
Anonymous in Spanish)

7:30 pm **Neuroticos Anonimos** Grupo Buena
Voluntad (in Spanish)

WEDNESDAY

12:30 pm **Project Return The Next Step**

12:30 pm **Adult Children of Alcoholics and
Dysfunctional Families (ACA)**

1:30 pm **Bipolar Support Group**

2:00 pm **Recovery International**

7:30 pm **Alcoholics Anonymous**
Men's Stag and Peer Support

7:30 pm **SOS, An alternative sobriety path** (non 12-
step)

7:30 pm **Co-Dependientes Anonimos**
Co-Dependents Anonymous in Spanish

THURSDAY

12:30 pm **Alcoholics Anon.** (Big Book Study)

12:30 pm **Free 'N' One** (Free From Drugs and
Alcohol and One With Christ)*

6:00 pm **Overeaters Anonymous**

7:30 pm **Vipassana Insight Meditation**
Meditation in the Buddhist tradition

7:30 pm Co-Dependents Anonymous

FRIDAY

3:30 pm **Healing after the pain**

7:30 pm **SOS, An alternative sobriety path (non
12 step)**

7:30 pm **AA** (Speaker/participation)

7:30pm **Narcóticos Anónimos** (Narcoitics
Anonymous in Spanish)

7:30 pm **Compulsivos Sexuales Anónimos**
(Sexual Compulsives Anonymous SCA in Spanish)

7:30 pm **Debtors Anonymous** (English)

SATURDAY

11:30 am **Job Seeker's**

1:30 pm **Dual Diagnosis**
"Double Trouble"

3:30 pm **Narcotics Anonymous**
Basic text

3:30 pm **Serenity Sisters**
Women affirming healthy relationships

* In accordance with SHARE!'s non-discrimination policy, meetings not otherwise described as religious in nature that use materials from a religious source, such as the Lord's Prayer, are marked with an asterisk.

How to attend a support group

Just show up!

Is there a facilitator?

Self-help groups are run by peers. The person leading the meeting that day will usually read some material explaining how the meeting works. Some of the material can be read by other members of the group. In most meetings everyone then gets a chance to share about how they're dealing with the issue.

How much does it cost?

A basket will be passed to collect your donation. SHARE! has a **suggested donation of \$2 to \$5** per person per meeting, however, no one is turned away for lack of funds.

How long are the meetings?

Meetings are usually one and a half hours long.

How do I know if the meeting is right for me? We suggest you attend a group six times before you decide whether it's helping you.



SHARE!

**Downtown
January 2012**

MEETING DIRECTORY

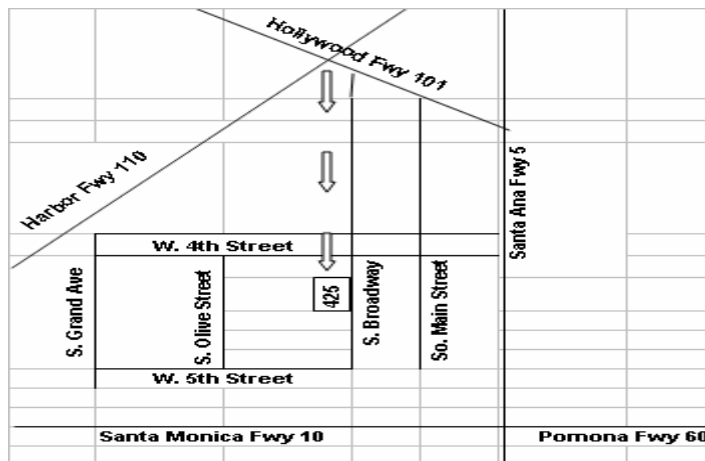
A DIRECTORY OF SELF-HELP MEETINGS HELD AT
SHARE! the Self-Help And Recovery Exchange

425 S. Broadway Los Angeles CA 90013
Phone: 213.213.0100 Fax: 213.213.0108
WWW.SHARESELFHELP.ORG

“Whatever the problem, SHARE! has a support group for you.”

For self-help meetings
elsewhere in Los Angeles County
CALL 1.877.SHARE.49 (Toll Free)

**Directions to SHARE! Downtown
425 S. Broadway (bet. 4th & 5th)**



Driving Directions: From **US 101 Freeway**
Take the **Broadway exit 2C**.
Turn **Right** onto **North Broadway**.
End at **425 South Broadway**
Paid lots on east side of Broadway.
Free street parking after 7pm
Near Metro Red Line Pershing Sq. exit