



## 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.

## See you at a meeting!

### Directions to SHARE!

6666 Green Valley Circle Culver City, CA 90230-7068

**From 405 South Bound** take the **Howard Hughes Parkway exit**. Turn **right** on **Sepulveda**.

Turn **right** on **Centinela**. Turn **left** at the **Chevron station** on to **Green Valley Circle**.

**From the 405 North Bound**

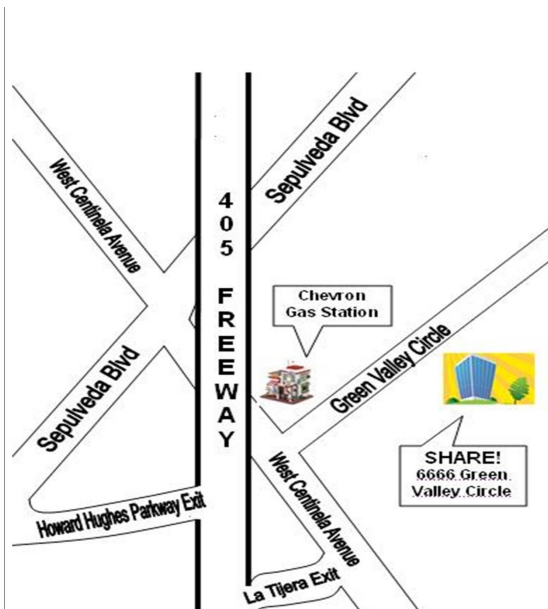
take the **La Tijera exit**.

Turn **right** onto **La Tijera**. Turn **left** on **Centinela**.

Turn **right** at the **Chevron Station** onto **Green Valley Circle**.

**SHARE!** Culver City is the 2nd building on the **right** with plenty of free parking.

**6666 GREEN VALLEY CIRCLE** is on the **RIGHT**.



SHARE! the Self-Help And Recovery Exchange, a project of the Emotional Health Association, a California non-profit organization, is supported by the Los Angeles County Department of Mental Health.



# SHARE!

*the Self-Help And Recovery Exchange*

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

## Culver City MEETING DIRECTORY FEBRUARY 2016

Open 7 Days a Week

Sunday-Friday 1:00pm-10:00pm

Saturday 9:00am-5:30pm

6666 Green Valley Circle, Culver City, CA 90230

Phone: (310)305-8878 Fax: (310)846-5278

[WWW.SHARESELFHELP.ORG](http://WWW.SHARESELFHELP.ORG)

**\*For self-help meetings\***  
**elsewhere in Los Angeles County**  
**CALL 1-310-305-8878**

SHARE! the Self-Help And Recovery Exchange, a project of the Emotional Health Association, a California non-profit organization, is supported by the Los Angeles County Department of Mental Health.