

Sunday

9:30am **Sex & Love Addicts Anonymous**
 10am **Alcoholics Anonymous**
"Bikin' for Bill"
 10am **Arts Anonymous**
Artists Recovering Through the 12 Steps
 12pm **ADD Attention Deficit Disorder**
 12:30pm **Co-Dependents Anonymous**
 2pm **N.O.R.M. National Organization of Restoring Men**
3RD Sunday
Men dealing with circumcision issues
 2pm **ACA Anger Release**
 2pm **LA Play & Script Reading**
4th Sunday
 4pm **Wildflowers**
Mindful Peer Support. Self Awareness and Radical Wellnes-1st & 3rdf Sundays
 4pm **Male Survivors of Sexual Abuse**
1st & 3rd Sundays. Open to newcomers. Please call for screening 323-250-6116
Please visit lamalesurvivor.org first
 4pm **CFIDS** *1st Sunday of the month*
Chronic Fatigue Syndrome & Immune Dysfunction Syndrome/Fibromyalgia
 4:30pm **Cleptomaniacs & Shoplifters Anonymous (CASA)**
 6pm **Adult Children of Alcoholics and Dysfunctional Families (ACA)**
Moving Towards a Solution—Book Study
 6pm **Co-Dependents Anonymous**
 6:30pm **Sex and Porn Addicts Anonymous** *(formerly Lustaholics Anonymous) Hotline #424-209-7739*
 6:30pm **Sexual Compulsives Anonymous**
 8pm **Alcoholics Anonymous**
"We Agnostics"
 8pm **Depression Anonymous**
Candlelight Meeting

Monday

12:30pm **Alcoholics Anonymous**
Speaker Tapes
 12:30pm **Co-Dependents Anon.**
 4:30 pm **W.R.A.P.**
(Wellness and Recovery Action Plan)
2nd & 4th Monday
 6 pm **Overcomers Outreach**
 6pm **Recovery International**
For anxiety, depression, anger, etc.
 8pm **Overeaters Anonymous**
 8pm **Adult Children of Alcoholics and Dysfunctional Families-PTSD,**
Post-Traumatic Stress Disorder focus
New Meeting
 8pm **Depression Anonymous**
Candlelight meeting
 8pm **Co-Dependents Anonymous**

Tuesday

12:30pm **Alcoholics Anonymous**
Speaker Tapes
 12:30pm **Co-Dependents Anon.**
 6pm **Depression and Bipolar Support Group (DBSG)**
 6pm **Cocaine Anonymous (CA)**
"Fruit of the Vine"
 7:30pm **Co-Dependents Anonymous**
Women's Step Study Writing
 8pm **Gamblers Anonymous (GA)**
 8pm **NLP For Better Living**
2nd and 4th Tuesday
 8pm **Sex Addicts Anonymous**
Open to men only who are seeking their own recovery. Closed to visitors

Wednesday

12:30pm **Alcoholics Anonymous**
Speaker Tapes
 12:30pm **Co-Dependents Anonymous**
 6:00pm **Adult Children of Alcoholics**
(ACA en Español) New Meeting
 6:30pm **Nar-Anon**
For family and loved ones of addicts
 6:30pm **Narcotics Anonymous (NA)**
"In Times of Illness"
 7pm **LA Help (People with Herpes)**
4th Wednesdays
 8pm **Sex Addicts Anonymous—**
Open to all those seeking their own recovery. Closed to visitors
 8pm **Depression Anonymous** *Candlelight meeting*
 8pm **Highly Sensitive People** *(3rd Wed)*
 8pm **Mankind Project**

Thursday

12:30 pm **Alcoholics Anonymous**
Lunchtime Recovery
 12:30 pm **Reflections of Recovery**
Health Empowerment (Wellness Circle)
(2nd and 4th Thursday)
 12:30pm **Co-Dependents Anonymous**
 8pm **Toastmasters "Heart-Centered"**
Learn how to speak publicly.
 8pm **Marijuana Anonymous (MA)**
 8pm **Co-Dependents Anonymous (CODA)**
Men's Stag
 8pm **Narcotics Anonymous (NA)**
Men's Stag
 8pm **Co-Dependents Anonymous**
Finding Your Freedom
 8pm **Emotions Anonymous (EA)**

Friday

12:30pm **Alcoholics Anonymous**
Speaker Tapes
 12:30pm **Co-Dependents Anonymous**
 6pm **Cocaine Anonymous**
"Freedom From Bondage"
 6pm **ACA Workbook Step Study**
"Fellow Travelers"
 6:30pm **Sexaholics Anonymous**
 8pm **Recovering Couples Anonymous**
1st & 3rd Fridays
 8pm **Depression Anonymous**
Candlelight meeting
 9pm **Alcoholics Anonymous**
Musician's meeting

Saturday

8am **Toastmasters**
90's Club: Learn how to speak publicly
 10am **Cleptomaniacs & Shoplifters Anonymous (CASA)**
 10am **Bereavement, Loss, and Grief**
 10am **African Americans Self-improvement Coalition**
 11 am **NLP For Better Living**
3rd Saturday
 12:30pm **Co-Dependents Anonymous**
 1pm **Communicating Personally**
2nd Saturday

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.

See you at a meeting!



SHARE!

the Self-Help And Recovery Exchange

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

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

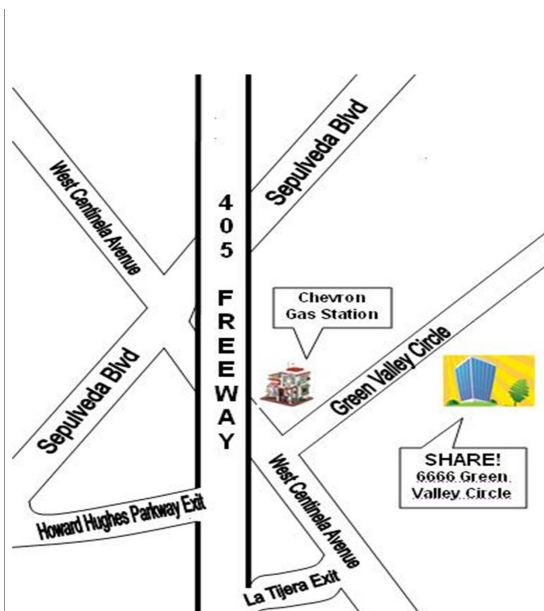
take the **La Tijera exit**.

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.

Culver City MEETING DIRECTORY OCTOBER 2017

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

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

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