

**May 2015**

**SUNDAY**

**3:00 pm** **NEUROTICOS ANON.**  
**(Spanish)** 1833 W. 8th Street Suite 205  
**7:00PM** **Los Angeles, CA 90057**

**7:00PM** **NEUROTICOS ANON.****(Spanish)** United Methodist Church 1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**10:00PM** **NEUROTICOS ANON****( Spanish)** Ages 13-20 years old only  
16407 S. New Hampshire  
**Gardena, CA 90247**

**10:00PM** **DUAL RECOVERY ANON**  
Sanctuary 440 E. 9th Street **Long Beach, CA** (562) 437-6717 x 276

**11:45PM****SOS—SAVE OUR SELVES**  
Didi Hirsch Community Mental Health 1540 E. Colorado Street **Glendale, CA** (323) 666-4295

**5:30PM****S.M.A.R.T. RECOVERY**  
SHARE! Downtown 425 S. Broadway **Los Angeles, CA 90013** (213) 213-0100

**MONDAY**

**10:00PM** **NEUROTICOS ANON**  
**(Spanish)** 1833 W. 8th Street Suite 205  
**7:00PM** **Los Angeles, CA 90057**

**7:00PM** **NEUROTICOS ANON**  
**(Spanish)** United Methodist Church 1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**7:00PM** **NEUROTICOS ANON**  
**(Spanish)** Presbyterian Church 22103 Vanowen St. Suite 7 **Canoga Park, CA 91303**

**7:30PM** **NEUROTICOS ANON****(Spanish)** 16407 S. New Hampshire **Gardena, CA 90247**

**8:00PM** **DUAL RECOVERY ANON**  
Sanctuary 440 E. 9th Street, **Long Beach, CA** (562) 437-6717 x 276

**6:30PM** **S.M.A.R.T. RECOVERY** Addic-tion Alternatives  
822 S. Robertson, Suite 300 **Los Angeles, CA 90035** (310) 275-5433 x 2

**7:30PM** **S.M.A.R.T. RECOVERY**  
SHARE! Downtown 425 S. Broadway **Los Angeles, CA 90013** (213) 213-0100

**7:30PM** **DUAL RECOVERY ANON.**  
Private location in **Cypress, CA** Call (323) 666-4295 for address.

**TUESDAY**

**10:00AM** **NEUROTICOS ANON.**  
**(Spanish)** 1833 W. 8th Street Suite 205  
**7:00PM** **Los Angeles, CA 90057**

**7:00PM** **NEUROTICOS ANON.**  
**(Spanish)** United Methodist Church 1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**7:30PM** **NEUROTICOS ANON.**  
**(Spanish)** 16407 S. New Hampshire  
**Gardena, CA 90247**

**8:00AM** **DUAL RECOVERY ANON.**  
Sanctuary **5:00PM** 440 E. 9th Street,  
**Long Beach, CA** (562) 437-6717 x 276

**10:00PM** **DUAL RECOVERY ANON**  
Red gate BHS 1975 Chestnut **Long Beach, CA** (562) 437-6717 x 276

**8:00PM** **SOS-SAVE OUR SELVES**  
Center for Inquiry 4773 Hollywood,  
**Hollywood, CA** (323) 666-4295

**WEDNESDAY**

**10:00AM** **NEUROTICOS ANON.** **Span-**  
**ish** 1833 W. 8th Street Suite 205  
**7:00 pm** **Los Angeles, CA 90057**

**Self-Help Dual Diagnosis Meetings**

**7:00PM** **NEUROTICOS ANON.** **SPAN-**  
**ISH** Presbyterian Church 22103 Van-  
owen St. Suite 7 **Canoga Park, CA 91303**

**7:00PM** **NEUROTICOS ANON.** **SPAN-**  
**ISH** United Methodist Church  
1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**7:30PM** **NEUROTICOS ANON.** **SPAN-**  
**ISH** 16407 S. New Hampshire  
**Gardena, CA 90247**

**8:00PM** **DUAL RECOVERY ANON.**  
**5:00PM** 440 E. 9th Street **Long Beach, CA** (562) 437-6717 x 276

**1:00PM** **DUAL DIAGNOSIS ANON.**  
\*Clients only, no drop-ins. Call  
first .Victory Wellness Center, 14515  
Hamlin St. Ste 102  
**Van Nuys, CA 91411** (818)989-7475

**7:30PM** **SECULAR ORGANIZATIONS**  
**FOR** **SOBRIETY (SOS)** SHARE!  
Downtown 425 S. Broadway **Los Ange-**  
**les, CA** (213) 213-0100

**THURSDAY**

**7:00AM** **NEUROTICS ANON.** 1833 W.  
8th Street Suite 205 **Los Angeles, CA 90057**

**7:00AM** **NEUROTICS ANON.**  
United Methodist Church 1226 Alvarado  
St. Suite 7 **Los Angeles, CA 90026**

**7:30AM** **NEUROTICS ANON.**  
16407 S. New Hampshire **Gardena, CA 90247**

**8 am & 5 pm** **DUAL RECOVERY ANON.**  
440 E. 9th Street **Long Beach, CA** (562)  
437-6717 x 276

**10:00AM** **NEUROTICS ANON.**  
833 W. 8th Street Suite 205

**Los Angeles, CA 90057**

**1:00PM** **DUAL RECOVERY ANON.** Vic-tory Wellness Center 14411 Van Owen  
Street **Van Nuys, CA** (818) 989-7475

**2:00PM** **DUAL RECOVERY ANON.** 975  
Long Beach Blvd **Long Beach, CA** (562)  
437-6717 x 276

**7:30PM** **DUAL RECOVERY ANON.**  
VVRC at Cabrillo 2090 River Ave. **Long Beach, CA** (562) 388-7906

**8:00PM** **SOS—SAVE OUR SELVES**  
SHARE! 6666 Green Valley Circle **Culver City, CA** (310) 846-5270

**FRIDAY**

**10:00PM** **NEUROTICOS ANON.**  
**(Spanish)** 1833 W. 8th Street Suite 205  
**7:00 pm** **Los Angeles, CA 90057**

**7:00PM** **NEUROTICOS ANON.**  
**(Spanish)** United Methodist Church  
1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**7:30PM** **NEUROTICOS ANON.**  
**(Spanish)** 16407 S. New Hampshire  
**Gardena, CA 90247**

**8:00PM** **DUAL RECOVERY ANON.**  
Sanctuary 440 E. 9th Street, **Long Beach, CA** (562) 437-6717 x 276

**1:00PM** **DUAL RECOVERY ANON.**  
Clients only, no Drop-ins. Call First Victo-ry Wellness Center 14515 Hamlin St Ste 102 **Van Nuys, CA** 91411 (818) 989-7475

**6:30 pm** **SMART Recovery** Addictive  
Alternative, 822 S Robertson Blvd Suite  
#300, Los Angeles, CA 90035, (310)275-5433x2

**May 2015**

**7:00 pm** **SOS—SAVE OUR SELVES**

Didi Hirsch Commu nity Mental Health Center, 1540 E. Colorado Street (Large Room) **Glendale, CA** (323) 666-4295

**SATURDAY**

**10 am & 7 pm** **NEUROTICOS ANON.**  
**(Spanish)** 1833 W. 8th Street Suite 205  
**Los Angeles, CA 90057**

**7:00 pm** **NEUROTICOS ANON.**  
**(Spanish)** United Methodist Church 1226 Alvarado St. Suite 7 **Los Angeles, CA 90026**

**10:00 am** **NEUROTICOS ANON.**  
**(Spanish)** 16407 S. New Hampshire  
**Gardena, CA 90247**

**10:00 am** **DUAL DIAGNOSIS**  
**(Non 12-Step)** Life Ring, Inc. The Vil-lage at the Ed Gould Plaza 1125 N. McCadden Place, Room 129 **Hollywood, CA**

**10:30 am** **WOMEN FOR SOBRIETY**  
Didi Hirsch Community Mental Health Center 1540 E. Colorado Street (Large Room) **Glendale, CA** (323) 666-4295

**10:30 am** **DOUBLE TRUDGERS**  
Portals House 269 S. Mariposa Ave., **Los Angeles, CA**

**1:30 pm** **DUAL DIAGNOSIS**  
Double Trouble SHARE! Downtown 425 S. Broadway, **Los Angeles, CA** (213) 213-0100

**5:00 pm** **DUAL RECOVERY ANON.**  
Men Only! 440 E. 9th Street **Long Beach, CA** (562) 437-6717 x 276

## TO ATTEND A SUPPORT GROUP

**Just show up!** The person leading the meeting will usually read some material explaining how the meeting works. Some of the material may be read by members of the group. Everyone in the meeting then gets a chance to share about how they are doing.

Meetings are usually 1½-hours long. A basket is passed to collect your donation. SHARE! has a suggested donation of **\$2 to \$5 per person per meeting**, but no one is turned away for lack of funds.

We suggest you attend a group six times before you decide whether it's helping your or not.

**See you at the meeting!**

SELF-HELP SUPPORT GROUPS

# Dual Diagnosis

(Mental Health & Substance Abuse)

In Los Angeles County

April 2015



As compiled by  
**SHARE!**  
The Self-Help and  
Recovery Exchange

6666 Green Valley Circle  
Culver City, CA 90230  
(310) 846-5270

**1.877.SHARE.49 (Toll-Free)**

CALL FOR FREE REFERRALS TO MORE THAN 10,000 SELF-HELP  
MEETINGS THROUGHOUT LOS ANGELES COUNTY

[www.shareselfhelp.org](http://www.shareselfhelp.org)

## The Programs for Mental Health and Substance Abuse

**DUAL DIAGNOSIS ANON.** is a spiritual program based on the 12-step programs that uses both the 12-Steps and their own 5-steps.

**SMART RECOVERY** emphasizes four areas (called the Four Points) in the process of recovery: Building Motivation, Coping with Urges, Problem Solving, and Lifestyle Balance.

**NEUROTICS ANON.** uses the 12-steps of Alcoholics ANON. to heal through love.

**DOUBLE TRUDGERS** uses the 12-steps of Alcoholics ANON. to address substance abuse and mental health issues.

**SOS** is a non-religious alternative to 12-step programs that uses the "Sobriety Priority" to address addiction and mental health problems. The "Sobriety Priority" is that "no matter what happens in my life, I will not drink or use."

**DUAL RECOVERY ANON.** is a spiritual program based on the 12-Steps of Alcoholics ANON. to overcome the dual illnesses of chemical dependence and emotional or psychiatric illness.

- Today, I will be free of alcohol and intoxicating drugs.
- Today, I will follow a healthy plan to manage my emotional or psychiatric illness.
- Today, I will practice the Twelve Steps.

**WOMEN FOR SOBRIETY** uses 13 parts of an Acceptance Program as listed to the right.

## Women for Sobriety "New Life" Acceptance Program

1. I have a life-threatening problem that once had me. *I now take charge of my life and my disease. I accept the responsibility.*
2. Negative thoughts destroy only myself. *My first conscious sober act must be to remove negativity from my life.*
3. Happiness is a habit I will develop. *Happiness is created, not waited for.*
4. Problems bother me only to the degree I permit them to. *I now better understand my problems and do not permit problems to overwhelm me.*
5. I am what I think. *I am capable, competent, caring, compassionate woman.*
6. Life can be ordinary or it can be great. *Greatness is mine by a conscious effort.*
7. Love can change the course of my world. *Caring becomes all important.*
8. The fundamental object of life is emotional and spiritual growth. *Daily I put my life into a proper order, knowing which are the priorities.*
9. The past is gone forever. *No longer will I be victimized by the past. I am a new person.*
10. All love given returns. *I will learn to know that other love me.*
11. Enthusiasm is my daily exercise. *I treasure all moments of my new life.*
12. I am competent woman and have much to give life. *This is what I am I shall know it always.*
13. I am responsible for myself and for my actions. *I am in charge of my mind, my thoughts and my life.*