

# October 2016 Self-Help Dual Diagnosis Support Group Meetings

## SUNDAY

11:45 am S.O.S-SAVE OUR SELVES.  
Carr Park  
1615 E. Colorado Street.,  
Glendale, CA (323) 666-4295.

## MONDAY

6:00-8:00 pm BI – POLAR  
Monrovia Pacific Clinics  
902 South Myrtle Ave.,  
Monrovia, CA 626-357-3258

6:00-8:00 pm D.B.S.A. GROUP.  
Monrovia Pacific Clinics  
902 South Myrtle Ave.,  
Monrovia, CA 626-357-3258

6:00-7:30pm S.M.A.R.T. RECOVERY  
Addiction Alternatives  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

6:00-7:30 pm S.M.A.R.T. RECOVERY.  
Family and Friends  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

7:30pm SECULAR ORGANIZATIONS  
FOR SOBRIETY (S.O.S). Secular Or-  
ganization for Sobriety  
SHARE! Downtown  
425 S. Broadway., Los Angeles, CA

## TUESDAY

6:30-8:30pm S.M.A.R.T. RECOVERY  
Addiction Alternatives  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

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

6:30-8:00pm S.M.A.R.T. RECOVERY  
Moderation Management  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

7:00-8:30pm S.M.A.R.T. RECOVERY  
Addiction Alternatives  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

6:00pm SHARE! DBSA  
Addiction Alternatives  
SHARE! 6666 Green Valley Circle  
Culver City, CA 310-305-8878

## WEDNESDAY

1:00-2:00pm S.M.A.R.T. RECOVERY  
Addiction Alternatives  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

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

6:00-8:00 pm D.B.S.A. GROUP.  
San Gabriel Valley Crown City Suites.  
600 S. Lakes Ave., Suite 200.  
Pasadena CA

7:30pm SECULAR ORGANIZATIONS  
FOR SOBRIETY (S.O.S).  
Secular Organization for Sobriety  
SHARE! Downtown 425 S. Broadway.,  
Los Angeles, CA 213-213-0100

8:00 pm S.O.S-SAVE OUR SELVES.  
Center for Inquiry 4773 Hollywood Blvd.,  
Hollywood, CA (323) 666-4295

## THURSDAY

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

6:00-8:00 pm D.B.S.A. GROUP.  
San Gabriel Valley Crown City  
Suites 600 S. Lakes Ave., Suite 200.  
Pasadena CA

## FRIDAY

6:00-8:00 pm D.B.S.A. GROUP.  
San Gabriel Valley Crown City Suites  
600 S. Lakes Ave. Suite 200.  
Pasadena CA

7:00–8:00pm S.M.A.R.T. RECOVERY  
Addictive Alternative 822 S Robertson  
Blvd Suite #300,  
Los Angeles, CA 310-275-5433

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

## SATURDAY

1:30 pm DOUBLE TROUBLE.  
SHARE! Downtown 425 S. Broadway.,  
Los Angeles, CA 213-213-0100

6:00 pm S.O.S-SAVE OUR SELVES.  
Center for Inquiry 4773 Hollywood Blvd.,  
Hollywood, CA (323) 666-4295

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

11:30-1:30pm S.M.A.R.T. RECOVERY  
Addiction Alternatives  
822 S. Robertson Blvd., Suite 300.  
Los Angeles, CA 310-275-5433

## 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 you or not.

**See you at the meeting!**

SELF-HELP SUPPORT GROUPS

# Dual Diagnosis

(Mental Health & Substance Abuse)

In Los Angeles County  
October 2016



**S H A R E !**

the Self-Help and  
Recovery Exchange

6666 Green Valley Circle  
Culver City, CA 90230  
(310) 305-8878

**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)

## Self-Help Support Groups 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.

**NEUROTICOS ANONIMOS (NEUROTICS ANON.)** is a Spanish-language fellowship which 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.

**DEPRESSION and BIPOLAR SUPPORT ALLIANCE** supports people with depression and bipolar who may or may not struggle with addiction.