

# SHARE! Culver City Meeting Directory October 2016

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

## Sunday

- 9:30 am Sex & Love Addicts Anonymous\***  
**10 am Alcoholics Anonymous\***  
*"Bikin' for Bill"*
- 12 pm ADD Attention Deficit Disorder**  
**12:30 pm Co-Dependents Anonymous**  
**2 pm ACA Anger Release**  
**2 pm National Organization of Restoring Men (NORM)** *3rd Sundays*  
*Men dealing with circumcision issues*
- 2 pm LA Play & Script Reading** *4th Sunday*  
**4 pm Wildflowers**  
*Mindful Peer Support, Self-Awareness and Radical Wellness—1st & 3rd Sundays.*
- 4 pm Cleptomaniacs & Shoplifters Anonymous (CASA)**
- 4 pm Male Survivors of Sexual Abuse** *1st & 3rd Sundays. Open to newcomers. Please call for screening (323) 250-6119. Please visit lamalesurvivor.org first*
- 4 pm CFIDS** *1st Sunday of the month*  
*Chronic Fatigue Syndrome & Immune Dysfunction Syndrome/ Fibromyalgia*
- 6 pm Adult Children of Alcoholics and Dysfunctional Families (ACA)**  
*"Moving Towards a Solution," Book Study*
- 6:30 pm Sex and Porn Addicts Anonymous (formerly Lustaholics Anonymous)**  
*Hotline # 424-209-7739*
- 6:30 pm Sexual Compulsives Anonymous**  
**7:00 pm Peace Education Program**  
*"Exploring Your Inner Resources"*
- 8 pm Alcoholics Anonymous**  
*"We Agnostics"*
- 8 pm Depression Anonymous**  
*Candlelight meeting*

## Monday

- 12:30 pm Alcoholics Anonymous**  
*Speaker Tapes*
- 12:30 pm Co-Dependents Anonymous**  
**4:30 pm WRAP (Wellness and Recovery Action Plan)**  
*2nd & 4th Monday*
- 6 pm Recovery International**  
*For anxiety, depression, anger, etc.*
- 6 pm Overeaters Anonymous**  
*New Meeting*
- 8 pm PTSD, Post-Traumatic Stress Disorder Support Group**  
*New Time*
- 8 pm Depression Anonymous**  
*Candlelight meeting*
- 8 pm Co-Dependents Anonymous**  
**8 pm Hive Mind Meditation**  
*2nd & 4th Mondays*

## Tuesday

- 12:30pm Alcoholics Anonymous**  
*Speaker Tapes*
- 12:30pm Co-Dependents Anonymous**  
**6 pm Depression and Bipolar Support Alliance (DBSA)**  
**6 pm Cocaine Anonymous\***  
*"Fruit of the Vine"*
- 7:30 Co-Dependents Anonymous**  
*Women's Step Study Writing*
- 8 pm Gamblers Anonymous**  
**8 pm Sex Addicts Anonymous**  
*Open to men only who are seeking their own recovery, Closed to visitors*

## Wednesday

- 12:30 pm Alcoholics Anonymous**  
*Speaker Tapes*
- 12:30 pm Co-Dependents Anonymous**

## **6 pm Healthy Mind, Body and Spirit** *2nd Wednesdays*

- 6:30 pm Nar-Anon** *for family and loved ones of addicts*
- 6:30 pm Workaholics Anonymous**  
**7 pm LA Help (People with Herpes)**  
*4th Wednesdays*
- 8 pm Sex Addicts Anonymous**  
*Open to all those seeking their own recovery, Closed to visitors*
- 8pm Depression Anonymous**  
*Candlelight meeting*
- 8pm Communicating Personally**  
*2nd Wednesdays*
- 8pm Highly Sensitive People**  
*3rd Wednesdays*

## Thursday

- 12:30 pm Alcoholics Anonymous**  
*Speaker Tapes*
- 12:30 pm Co-Dependents Anonymous**  
**6 pm-10 pm Toastmasters**  
*Learn how to speak publicly.*  
*2nd and 4th Thursdays*  
*Book Study*
- 6 pm Attention Deficit Disorder (ADD)**  
**8 pm Co-Dependents Anonymous (CODA)**  
*Men's Stag*
- 8 pm Narcotics Anonymous (NA)**  
*Men's Stag*
- 8 pm Marijuana Anonymous (MA)**  
**8pm Emotions Anonymous**  
**8 pm Toastmasters "Heart-Centered"**  
*Learn how to speak publicly.*
- 8pm Co-Dependents Anonymous**  
*New Meeting*

## Friday

- 12:30 pm Alcoholics Anonymous**  
*Speaker Tapes*
- 12:30 pm Co-Dependents Anonymous**  
**6 pm Cocaine Anonymous\***  
*"Freedom From Bondage"*
- 6:30 pm Sexaholics Anonymous**  
**6:30 pm ACA Workbook Step Study**  
*"Fellow Travelers"*
- 6:30 pm Recovering Couples Anonymous**  
*1st and 3rd Fridays*
- 8 pm Depression Anonymous**  
*Candlelight meeting*
- 8 pm Toastmasters "Improv"**  
*Learn how to speak publicly.*  
*Great for shy people.*
- 9 pm Alcoholics Anonymous**  
*Musician's meeting*

## Saturday

- 8 am Toastmasters**  
*90's Club: Learn how to speak publicly*
- 10 am Cleptomaniacs and Shoplifters Anonymous (CASA)**  
**12:30 pm Co-Dependents Anonymous**  
**1pm Communicating Personally**  
*2nd Saturdays*

\*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**

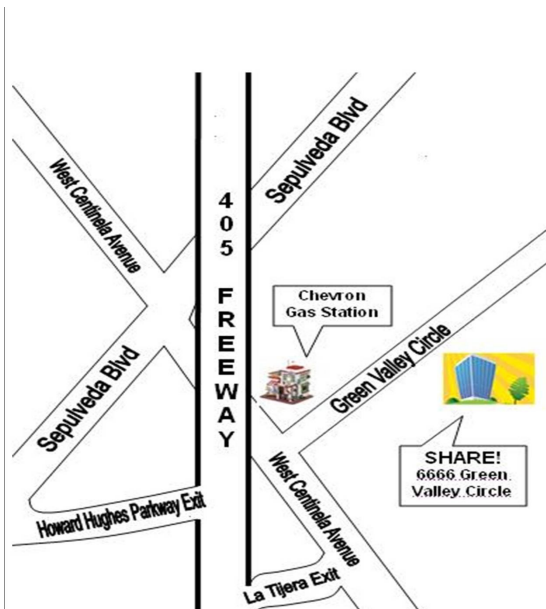
take the **La Tijera exit**.

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 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**

*Air-conditioned and accessible*

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