## Self-Help Support Group Meeting Attendance Sign-In Sheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Day &amp; Time</th>
<th>Name of Meeting (Such as Recovery International, CoDA, et cetera)</th>
<th>Location</th>
<th>Secretary Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example 3/1/17</td>
<td>Example Monday 6 pm</td>
<td>Example Recovery International</td>
<td>Example SHARE! Culver City, 6666 Green Valley Circle</td>
<td>Example</td>
</tr>
</tbody>
</table>

Please submit this form weekly.
Definition of a self-help support group:

- The group’s purpose is to pursue personal growth and change.
- Everyone in the group is a peer.
- There is sharing/interaction among members.
- Decisions about the group are made by the group.
- Group leadership is non-professional. Leadership roles are rotated among the group. Any member of the group could become a leader with minimal training.
- The group is not dependent on a particular person for its continued existence.
- Every member of the group has a right to due process in disputes with the group.
- Dues and fees are nominal reflecting group expenses.

Please attend three self-help support groups a week. This signed meeting sign-in sheet must be submitted each week. One of the meetings must be:

1) **Recovery International** – recoveryinternational.org
2) **Debtors Anonymous** – socalda.org
3) **Co-Dependents Anonymous** – see www.lacoda.org or www.coda-tvcc.org
4) **Underearners Anonymous** – underearnersanonymous.org
5) **Neuroticos Anonimos** (for Spanish speakers) – www.neuroticosanonimos.us
6) **Adult Children for Alcoholics/ Dysfunctional Families** – SoCalACA.org

If it applies to you, a group which addresses co-occurring disorders (such as Dual Diagnosis Anonymous, SOS, SMART Recovery, Refuge Recovery, or AA, NA or CA meetings with a “Double Trudgers” “Double Winners” or similar focus)

For parents, good groups to attend include Co-DA, NAMI Sharing and Caring, ACA, Al-Anon or Nar-Anon (if child uses substances)

If there’s another self-help support group which you would like to attend, get it OK’d by instructor.