


Self-Help Support Group Meeting Attendance Sign-In Sheet

(Print First and Last Name)

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

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 & 3) Choose from

Co-Dependents Anonymous--see www.lacoda.org or www.coda-tvcc.org

Debtors Anonymous –socialda.org

Underearners Anonymous -- underearnersanonymous.org

Neuroticos Anonimos (for Spanish speakers) -- www.neuroticosanonimos.us

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.