

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
December 2017



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

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 Anonymous to heal through love.

DOUBLE TRUDGERS uses the 12-steps of Alcoholics Anonymous 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 Anonymous 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.

SUNDAY

11:45 am S.O.S-SAVE OUR SELVES

Carr Park
1615 E. Colorado Street.,
Glendale, CA (323) 666-4295.

1:00pm DEPRESSION & BIPOLAR SUPPORT(D.B.S.G.)

SHARE! Downtown
425 S. Broadway., Los Angeles, CA
213-213-0100

MONDAY

6:00-8:00pm BI – POLAR

Monrovia Pacific Clinics
902 South Myrtle Ave.,
Monrovia, CA 91016 626-357-3258

6:00-8:00pm D.B.S.A. GROUP.

Monrovia Pacific Clinics
902 South Myrtle Ave.,
Monrovia, CA 91016 626-357-3258

7:00pm NEUROTICOS ANON. (Esp.)
United Methodist Church 1226 Alvarado
St. Suite #7, Los Angeles, CA
213-385-5990

7:30pm SECULAR ORGANIZATIONS FOR SOBRIETY (S.O.S)

Secular Organization for Sobriety
SHARE! Downtown
425 S. Broadway., Los Angeles, CA
213-213-0100

00-8:00pm D.B.S.A. GROUP

San Gabriel Valley Crown City Suites 600
S. Lake Ave Suite#200, Pasadena, CA
91106 626-359-7538

TUESDAY

7:00 pm NEUROTICOS ANON. (Esp.)
United Methodist Church 1226 Alvarado
St. Suite 7., Los Angeles , CA
213-385-5990

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

6:00-8:00 pm D.B.S.A GROUP .
San Gabriel Valley Crown City
Suites 600 S. Lake Ave., Suite 200
Pasadena CA 91106 626-359-7538

WEDNESDAY

1:30pm D.B.S.G.
SHARE! Downtown
425 S. Broadway., Los Angeles, CA
213-213-0100

8:30 pm NEUROTICOS ANON. (Esp.)

United Methodist Church 1226 Alvarado
St. Suite #7, Los Angeles, CA
213-385-5990

6:00-8:00pm D.B.S.A. GROUP.
San Gabriel Valley Crown City Suites 600
S. Lakes Ave., Suite #200.
Pasadena CA 91106 626-359-7538

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

7:00am NEUROTICS ANON.
United Methodist Church 1226
Alvarado St. Suite #7,
Los Angeles, CA 213-385-5990

6:00-8:00pm D.B.S.A. GROUP.
San Gabriel Valley Crown City
Suites 600 S. Lakes Ave., Suite #200,
Pasadena CA 91106 626-359-7538

FRIDAY

6:00-8:00pm D.B.S.A. GROUP.
San Gabriel Valley Crown City Suites
600 S. Lakes Ave. Suite #200,
Pasadena CA 91106 626--359-7538

7:00 pm NEUROTICOS ANON. (Esp.)
United Methodist Church
1226 Alvarado St. Suite #7,
Los Angeles, CA 213-385-5990

SATURDAY

1:30pm 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
213-385-5990

December 2017 Self-Help Dual Diagnosis Support Group Meetings