

Sunday

9:30am **Sex & Love Addicts Anonymous**  
 10am **Alcoholics Anonymous**  
*"Bikin' for Bill"*  
 10am **Arts Anonymous**  
*Artists Recovering Through the 12 Steps*  
 12pm **ADD Attention Deficit Disorder**  
 12:30pm **Co-Dependents Anonymous**  
 2pm **N.O.R.M. National Organization of Restoring Men** 3RD Sunday  
*Men dealing with circumcision issues*  
 2pm **ACA Anger Release**  
 2pm **LA Play & Script Reading**  
*4th Sunday*  
 4pm **Wildflowers**  
*Mindful Peer Support. Self Awareness and Radical Wellnes-1st & 3rdf Sundays*  
 4pm **Male Survivors of Sexual Abuse**  
*1st & 3rd Sundays. Open to newcomers. Please call for screening 323-250-6116 Please visit lamalesurvivor.org first*  
 4pm **CFIDS** 1st Sunday of the month  
*Chronic Fatigue Syndrome & Immune Dysfunction Syndrome/Fibromyalgia*  
 4:30pm **Cleptomaniacs & Shoplifters Anonymous (CASA)**  
 6pm **Adult Children of Alcoholics and Dysfunctional Families (ACA)**  
*Moving Towards a Solution—Book Study*  
 6pm **Co-Dependents Anonymous**  
 6:30pm **Sex and Porn Addicts Anonymous** (formerly Lustaholics Anonymous) Hotline #424-209-7739  
 6:30pm **Sexual Compulsives Anonymous**  
 8pm **Alcoholics Anonymous**  
*"We Agnostics"*  
 8pm **Depression Anonymous**  
*Candlelight Meeting*

Monday

12:30pm **Alcoholics Anonymous**  
*Speaker Tapes*  
 12:30pm **Co-Dependents Anon.**  
 4:30 pm **W.R.A.P.**  
*(Wellness and Recovery Action Plan) 2nd & 4th Monday*  
 6 pm **Overcomers Outreach**  
 6pm **Recovery International**  
*For anxiety, depression, anger, etc.*  
 8pm **Bipolar & Borderline Personality**  
 8pm **Adult Children of Alcoholics and Dysfunctional Families-PTSD,**  
*Post-Traumatic Stress Disorder focus New Meeting*  
 8pm **Depression Anonymous**  
*Candlelight meeting*  
 8pm **Co-Dependents Anonymous**

Tuesday

12:30pm **Alcoholics Anonymous**  
*Speaker Tapes*  
 12:30pm **Co-Dependents Anon.**  
 6pm **Depression and Bipolar Support Group (DBSG)**  
 6pm **Cocaine Anonymous (CA)**  
*"Fruit of the Vine"*  
 7:30pm **Co-Dependents Anonymous**  
*Women's Step Study Writing*  
 8pm **Gamblers Anonymous (GA)**  
 8pm **NLP For Better Living**  
*2nd and 4th Tuesday*  
 8pm **Sex Addicts Anonymous**  
*Open to men only who are seeking their own recovery. Closed to visitors.*

Wednesday

12:30pm **Alcoholics Anonymous**  
*Speaker Tapes*  
 12:30pm **Co-Dependents Anonymous**  
 6:30pm **Adult Children of Alcoholics (ACA en Español) New Meeting**  
 6:30pm **Nar-Anon**  
*For family and loved ones of addicts*  
 6:30pm **Narcotics Anonymous (NA)**  
*"In Times of Illness"*  
 6:30pm **Workaholics Anonymous (WA)**  
 8pm **Sex Addicts Anonymous—**  
*Open to all those seeking their own recovery. Closed to visitors*  
 8pm **Depression Anonymous** *Candlelight meeting*  
 8pm **Highly Sensitive People** (3rd Wed)  
 8pm **Mankind Project**

Thursday

12:30 pm **Alcoholics Anonymous**  
*Speaker Tapes*  
 12:30 pm **Reflections of Recovery**  
*Health Empowerment (Wellness Circle) (2nd and 4th Thursday)*  
 12:30pm **Co-Dependents Anonymous**  
 8pm **Toastmasters "Heart-Centered"**  
*Learn how to speak publicly.*  
 8pm **Co-Dependents Anonymous (CODA)**  
*Men's Stag*  
 8pm **Narcotics Anonymous (NA)**  
*Men's Stag*  
 8pm **Co-Dependents Anonymous**  
*Finding Your Freedom*  
 8pm **Emotions Anonymous (EA)**

Friday

12:30pm **Alcoholics Anonymous**  
*Speaker Tapes*  
 12:30pm **Co-Dependents Anonymous**  
 6pm **Cocaine Anonymous**  
*"Freedom From Bondage"*  
 6pm **ACA Workbook Step Study**  
*"Fellow Travelers"*  
 6:30pm **Sexaholics Anonymous**  
 6:30pm **Co-Dependents Anonymous**  
 8pm **Recovering Couples Anonymous**  
*1st & 3rd Fridays*  
 8pm **Depression Anonymous**  
*Candlelight meeting*  
 9pm **Alcoholics Anonymous**  
*Musician's meeting*

Saturday

8am **Toastmasters**  
*90's Club: Learn how to speak publicly*  
 10am **Bereavement, Loss, and Grief**  
 10am **African Americans Self-improvement Coalition**  
 11 am **NLP For Better Living**  
*3rd Saturday*  
 12:30pm **Co-Dependents Anonymous**  
 1pm **Communicating Personally**  
*2nd Saturday*

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**

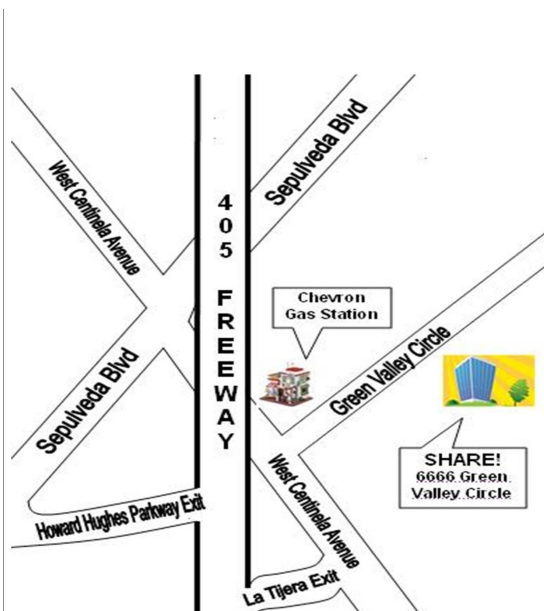
take the **La Tijera exit**.

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** **FEBRUARY 2018**

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**

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.