



SHARE! Downtown Meeting Directory February 2018

425 S. Broadway L.A. CA 90013 (213) 213-0100

SUNDAY

1:00 pm **Depression & Bipolar Support Alliance, Peace Room**

1:30 pm **Cleptomaniacs & Shoplifters Anonymous (CASA), Courage Room**

3:30 pm **Narcotics Anonymous (NA)** "Sunday in The Sun", **Friendship Room**

MONDAY

12:30 pm **Sex Addicts Anonymous (SAA), Friendship Room**

12:30 pm **Sex and Porn Addicts Anonymous (SPAA), Peace Room**

1:30 pm **Community Resiliency** (Reducing the stigma of mental illness through community) **Hope Room**

3:30pm **Community Meeting** "My Brother's Keeper", **Lobby**

7:30 pm **SOS** (Non 12-Step) "An Alternative Sobriety Path", **Peace Room**

7:30 pm **Adictos al Sexo y al Amor Anonimos (SLAA Spanish), Courage Room**

7:30 pm **AI – Anon**, (Friends and Families of problem drinkers), **Hope Room**

7:30 pm **S.M.A.R.T. Recovery** (Self management and recovery training) **Friendship Room**

TUESDAY

1:00 pm **Project Return** Empowerment Hour, **Vision Room**

2:00 pm **Project Return** Recovery Central, **Vision Room**

3:30 pm **Adult Children of Alcoholics (ACA)** (Lesbian, Gay, Transgender and Bisexual Friendly), **Courage Room**

5:30 pm **Toastmasters International** "Leaders of LA", **Hope Room** (2nd and 4th Tuesdays)

5:30 pm **Free 'N' One***, **Vision Room**

7:30 pm **Adictos al Sexo Anónimos** (SAA in Spanish), **Hope Room**

7:30 pm **Narcotics Anonymous (NA), Friendship Room**

7:30 pm **Cleptomaniacs & Shoplifters Anonymous (CASA), Courage Room**

WEDNESDAY

1:30 pm **Project Return** Friends Together, **Courage Room**

1:30 pm **Depression & Bipolar Support Alliance (DBSA), Peace Room**

5:30 pm **Emotions Anonymous (EA)** **Peace Room**

7:30 pm **Adult Children of Alcoholics (ACA)** (Lesbian, Gay, Transgendered, and Bisexual Friendly), **Courage Room**

7:30 pm **Alcoholics Anonymous (AA)** Big Book Study), **Friendship Room**

7:30 pm **SOS** (Non 12-Step) "An Alternative Sobriety Path", **Peace Room**

THURSDAY

12:30 pm **Recovery International** (Mental Health Recovery), **Vision Room**

3:30 pm **Anger Anonymous, Friendship Room**

5:30 pm **Free 'N' One, Vision Room**

7:15 pm **Overeaters Anonymous (OA), Peace Room**

7:30 pm **Co-Dependents Anonymous** (CoDA), **Vision Room**

7:30 pm **Narcotics Anonymous (NA)** "Wake Up To The Peace", **Courage Room**

FRIDAY

1:30 pm **Dual Diagnosis Group** (Support Group) **Peace Room**

3:30 pm **Narcotics Anonymous (NA)** **Peace Room**

7:30 pm **Recovery International** (Mental Health Recovery), **Peace Room**

7:30 pm **Alcoholics Anonymous (AA)** "South Park Group", **Vision Room**

7:30 pm **Compulsivos Sexuales Anónimos** (SCA in Spanish), **Friendship Room**

SATURDAY

10:00 am **T.L.H. Awareness Group** (Support group for people with HIV/AIDS) **Peace Room**

11:30 am **Alcoholics Anonymous (AA)** Book Study) "Butterfly Effect", **Hope Room**

1:30 pm **Dual Diagnosis** "Double Trouble", **Courage Room**

3:30 pm **Narcotics Anonymous (NA)** Basic text), **Peace Room**

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.



Accessible, air-conditioned meeting space is available for weekly meetings and marathon meetings.

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

SHARE! Downtown MEETING DIRECTORY FEBRUARY 2018

Open 7 Days a Week

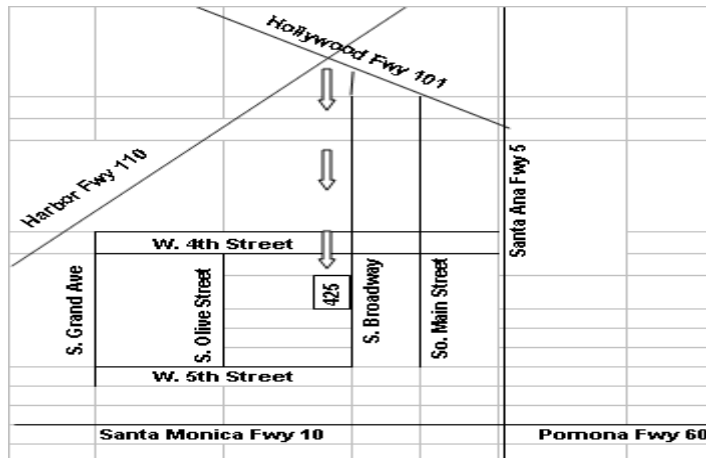
Sunday-Friday 12:30pm-9:30pm

Saturday 9:00am-5:30pm

425 S. Broadway Los Angeles CA 90013
Phone: (213) 213-0100 Fax: (213) 213-0108

For self-help meetings
elsewhere in Los Angeles County
CALL 1-877-SHARE-49 (Toll Free)

Directions to SHARE! Downtown
425 S. Broadway (bet. 4th & 5th)



Driving Directions: From **US 101 Freeway**
Take the **Broadway exit 2C**.
Turn **Right** onto **North Broadway**.
End at **425 South Broadway**

Metro: Red Line Pershing Sq. Exit

Paid parking lots on east side of Broadway.
Parking meters on Broadway

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.

