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
6666 Green Valley Circle Culver City, CA 90230
(310) 305-8878  FAX: (310) 846-5278
425 S. Broadway, Los Angeles, CA 90013
(213) 213-0100  FAX: (213) 213-0108

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

"SHARE!'s Anger Management Worked for Me

"I wasn't really thrilled to be told I had to go to "Anger Management."

But people are commenting about how I've changed. Before I would keep all my emotions and feelings inside. Later I'd blow up - hurting either others or myself. If someone said I'd continue going to these meetings on my own, I would have told him, 'Sure...when hell freezes over.' They really help. Thank God they are here." Vietnam veteran

"Before I went to the anger meetings, people told me I was one of the angriest people they knew. After two years of three meetings a week, no one ever tells me that anymore. I am really able to enjoy life now. The self-help meetings totally changed my life." Incest survivor

"Participating in the anger meetings allowed me to trace the origins of my deepest and most destructive hurts and reactions. I came to a place—the anger meetings-- where finally my anger was accepted and understood and I was able to get it out without hurting others or myself. And my marriage survived." Former batterer

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SHARE!'s Program

1. Anger Release
   1 to 2 Meetings a week

Learn How to:
- Process original anger
- Identify triggers
- Control anger
- Not be afraid of my own or others' anger
- Express anger appropriately
- Express my feelings
- Set limits
- Overcome fear of and anger towards authority figures

2. Recovery, Int.
   1 Meeting a week

Learn How to:
- Be cool in any situation
- Give up the anger habit
- Talk myself down
- Manage my anger
- Identify the causes of my anger
- Feel angry without acting on it
- Express myself courteously, no matter how I feel

3. Other Self-Help Meetings
   Meetings as needed

Learn How to Address Issues that Contribute to my Anger:

- Communication Issues
- Relationship Problems
- Substance Abuse
- Self-Esteem
- Stress
- Depression
- Childhood Issues
- Family Problems
- Boundary Issues
- Illness Issues
- Money Problems
- Other Issues

Cost
SHARE! suggests a donation of $2 to $5 per meeting but no one is turned away for lack of funds.

Third Party Verification of attendance at Anger Management or other meetings for probation, court, employers, therapists, etc. is available for $50 a year.

Registration
No need to register for meetings

Information
Meetings, times, places, Third-party Verification
Call 1-310-305-8878