SHARE! Downtown Meeting Directory July 2019

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**

7:30 pm **Adult Children of Alcoholics*** ACA) (LGBTQ), **Courage Room**

7:30 pm **AA Speaker Meeting** (AA)* "Recovery Sunday" **Friendship Room**

7:30 pm **Grief & Loss Support Group** (Every third Sunday) **Courage Room**

MONDAY

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

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

3:30 pm **Understanding Your Bible*** Bible Study Meeting **Hope Room**

5:30 pm **Grace Recovery*** "Faith Based 12 step program" **Hope Room**

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

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

7:30 pm **Alcoholics Anonymous*,** "12 and 12 step study" **Friendship Room**

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

TUESDAY

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

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

5:30 pm **Free 'N' One*** (faith based 12 step program)**, Vision Room**

6:30 pm **Tribal Lights** (Support Inner Awakening to Shift Outward Movement), **Peace Room**

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

7:30 pm **Cocaine Anonymous** (CA), **Friendship Room**

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

WEDNESDAY

1:30 pm **Project Return** Recovery Seekers**, Courage Room**

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

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

6:00 pm **Narcoticos Anonimos** "El Regalo" (NA Spanish) **Courage Room**

7:30 pm **Adult Children of Alcoholics*** (ACA) (LGBTQ), **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**

1:30pm **Community Meeting** "My Brother's Keeper", **Lobby**

3:30 pm **Anger Anonymous, Friendship 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 **Alcoholics Anonymous*** (AA Speaker/Participation) "South Park Group", **Vision Room**

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

7:30 pm **Emotions Anonymous** (EA) **Peace 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**

MEETING ROOMS AVAILABLE FOR 12 STEP MEETINGS OR MENTAL HEALTH SELF HELP SUPPORT GROUPS!

*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. Call for elevator.

How to attend a support group

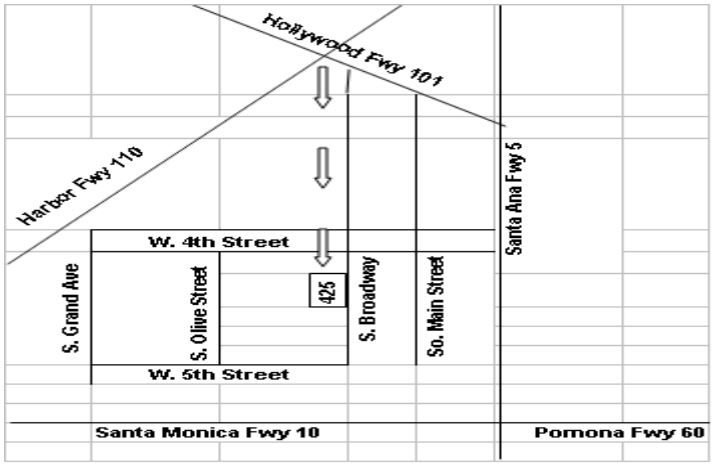
Just show up!

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!

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

S H A R E ! ™

the Self–Help And Recovery Exchange

SHARE! Downtown Meeting Directory July 2019

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

WWW.SHARESELFHELP.ORG

For self-help meetings
elsewhere in Los Angeles County
CALL (213) 213-0100

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.