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
7:30 pm Grace Recovery* “Faith Based 12 step program” Hope Room
5:30 pm Tribal Lights (Support Inner Awakening to Shift Outward Movement), Peace Room
3:30 pm Cleptomaniacs & Shoplifters Anonymous (CASA), Courage 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

**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!