Sunday

10am Sex & Love Addicts Anonymous
10am Alcoholics Anonymous “Bikin’ for Bill”
10am Arts Anonymous
Artists Recovering Through the 12 Steps
10am Cleptomanics & Shoplifters Anonymous (CASA)
12:30pm Co-Dependants Anonymous
2pm RCA Anger Release
2pm N.O.R.M. National Organization of Restoring Men — 3rd Sunday
Men dealing with circumcision issues
2pm LA PLAY & Script Reading — 4th Sunday
2pm MS & Mindfulness A support group — 3rd Sunday
2pm Survivors of Loved Ones and Pets
(1st Sunday)
4pm Wildflowers — 1st & 3rd Sundays
Mindful Peer Support.
Self Awareness and Radical Wellness
4pm L.A. Male Survivors of Sexual Abuse
1st & 3rd Sundays. (Open to newcomers)
Please call for screening 323-250-6116
Please visit januesurvivor.org first
4pm CFIDS — 2nd Sunday of the month
(Chronic Fatigue Syndrome & Immune Dysfunction Syndrome/Fibromyalgia)
6pm Adult Children of Alcoholics and Dysfunctional Families (ACA)
Moving Towards a Solution—Book Study
6:30pm Sex and Porn Addicts Anonymous
(formerly Lustaholics Anonymous)
Hotline 323-209-7739
6:30pm Sexual Compulsives Anonymous
8pm Alcoholics Anonymous “We Agnostics”
8pm Depression Anonymous
Candlelight Meeting
8pm Mankind
2nd & 4th Sunday (closed meeting)

Monday

12:30pm Alcoholics Anonymous
Speaker Tapes
12:30pm Co-Dependants Anonymous
4:30 pm W.R.A.P. — 2nd & 4th Monday (Wellness and Recovery Action Plan)
6pm Recovery International
For anxiety, depression, anger, etc.
6:30pm Neurotics Anonymous
8pm Debtor’s Anonymous — “Men’s Stag”
8pm Bipolar & Borderline Personality
8pm Adult Children of Alcoholics and Dysfunctional Families-PTSD,
Post-Traumatic Stress Disorder focus
8pm Depression Anonymous
Candlelight meeting

Tuesday

12:30pm Alcoholics Anonymous
Speaker Tapes
12:30pm Co-Dependants Anonymous
6pm Cocaine Anonymous (CA)
“Fruit of the Vine”
6pm Get Out of Stuck (For people who have time in Recovery, but are not advancing because of persistent bad habits or old patterns of behavior)
6pm Compulsive Eaters Anonymous/CEA-HOW
8 pm Crystal Meth Anonymous
8pm Gamblers Anonymous (GA)
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-Dependants Anonymous
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)
7:00 pm L.A. Help — 4th Wednesday
(People with Herpes)
8pm Sex Addicts Anonymous
Open to all those seeking their own recovery.
Closed to visitors
8pm Depression Anonymous
Candlelight meeting
8pm Mankind Project

Thursday

12pm Reflections of Recovery
2nd and 4th Thursdays Wellness Circle
12:30 pm Alcoholics Anonymous
Speaker Tapes
12:30pm Co-Dependants Anonymous
8pm Toastmasters “Heart-Centered”
Learn how to speak publicly.
8pm Co-Dependants Anonymous (CODA)
Men’s Stag
8pm Narcotics Anonymous (NA)
Men’s Stag
8pm Emotions Anonymous
8pm Co-Dependants Anonymous
“Finding Your Freedom”

Friday

12:30pm Alcoholics Anonymous
Speaker Tapes
12:30pm Co-Dependants Anonymous
6pm Cocaine Anonymous
“Freedom From Bondage”
6pm RCA Workbook Step Study
“Fellow Travelers”
6pm Fibroids, Miscarriages, Relationships & Nutrition — Maternal Mental Health (Holistic Health & Wellness)
6:30pm Co-Dependants Anonymous
8pm Depression Anonymous
Candlelight meeting
8-11 pm I Survived
Sexual Trauma
9pm Alcoholics Anonymous
Musician’s meeting

Saturday

8am Toastmasters (90’s Club:
Learn how to speak publicly)
9 am Depressed & Suicidal Teens
(Holistic Health & Wellness, using color, nutrition & self-awareness to empower teens to recognize their own greatness and embrace life)
10am Bereavement, Loss, and Grief
1st and 3rd Saturday
1pm Communicating Personally — 2nd Saturday
2pm Codpendents Anonymous Step Workshop
3pm Peer Worker Support Group
(1st 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!**

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**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**.

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**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.

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**Culver City MEETING DIRECTORY AUGUST 2019**

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

*For self-help meetings*
elsewhere in Los Angeles County
**CALL 1-310-305-8878**