**SUNDAY**

12:30 pm  Cleptomaniacs & Shoplifters Anonymous (CASA) Courage Room

1:00 pm  Depression & Bipolar Support Alliance (DBSA), Peace Room

1:30 pm  Grief & Loss Support Group
“Pet Loss Support” (Every third Sunday) 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

**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 Soberity 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

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 Recovery Seekers, Courage Room

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

5:30 pm  Emotions Anonymous (EA) Peace Room

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

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

1:30 pm  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

**THURSDAY**

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

1:30 pm  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

7:30 pm  Alcohólicos Anónimos* (AA Book Study) “Butterfly Effect”, Hope Room

**SATURDAY**

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!*

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**SHARE! Downtown**

**MEETING DIRECTORY**

**FEBRUARY 2020**

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

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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.