



SHARE!™

the Self-Help And Recovery Exchange

"Whatever the problem, SHARE! has a support group for you."

Self-Help Support Groups

7 Days a Week!

(In-person, Zoom & Hybrid)

SHARE! Culver City

6666 Green Valley Circle
Culver City, CA 90230

SHARE! DTLA

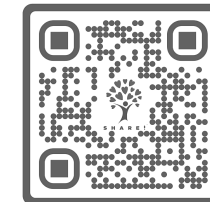
425 South Broadway
Los Angeles, CA 90013

Would you like to start a meeting?

Email info@shareselfhelp.org

For assistance with meetings or to speak with someone about which meeting may be right for you, please call

310-305-8878 or email info@shareselfhelp.org



shareselfhelp.org

The website has an online version of the directory with links

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.

Meeting location key

Zoom	Zoom Only Meeting: www.zoom.us Enter Zoom ID & Password
Culver City	SHARE! CC 6666 Green Valley Circle, Culver City, CA 90230
Zoom+CC	Zoom & SHARE! CC 6666 Green Valley Circle, Culver City, CA 90230
DTLA	SHARE! DTLA: 425 South Broadway, Los Angeles CA, 90013
Zoom+DTLA	Zoom & SHARE! DTLA: 425 South Broadway, Los Angeles CA, 90013

Time (PT)	Location	FRIDAY Meetings	Zoom ID Pwd: sharelove
12:00 PM	Zoom+CC	Co-Dependents Anonymous (CoDA)	848-8994-6845
1:00 PM	Zoom	ACA "Recovery Beyond Survival" Pwd: 112312	783-819-8955
6:00 PM	Zoom	Recovery International (RI) (Better Mental Health) Led by Bobby	884 8442 4169
6:00 PM	Zoom	ACA - Adult Children of Alcoholics/Dysfunctional Families	874-4820-2499
6:00 PM	Zoom	Co-Dependents Anonymous (CoDA)	899-2329-6067
6:30 PM	Zoom+CC	Recovery Dharma-West LA Reflections & meditation's	894-2646-1921
7:00 PM	Zoom	*Free N One - Christ Centered Codependency "Tough Love" Group	813-8901-2194
7:30 PM	Zoom	Alcoholics Anonymous (AA Speaker/Participation) "South Park Group"	846-8470-7396
7:30 PM	Zoom	Compulsivos Sexuales* Anónimos (SCA in Spanish)	827-2571-5180
8:00 PM	Zoom+CC	Depression Anonymous Candlelight meeting	856-3790-5999
8:00 PM	DTLA	LACYPAA - Los Angeles County Young People in AA committee	In-person only
9:00 PM	Culver City	AA Venice Music Meeting - 6666 Green Valley Circle, Culver City, CA 90230	In-person only

Time (PT)	Location	SATURDAY Meetings	Zoom ID Pwd: sharelove
9:00 AM	Zoom	Toastmasters (90's Club: Learn how to speak publicly)	835-8852-8156
9:00 AM	Zoom	Access California Business Meeting (2nd Saturday) 9am- 1pm	814-8553-4617
9:30 AM	Zoom+CC	AA - Butterfly Effect Alcoholics Anonymous	879 9083 4497
11:00 AM	Zoom	Bereavement, Loss, and Grief (1st & 3rd Saturday)	889-5314-0349
11:00 AM	Zoom	So Cal CoDA Quarterly Business Meeting (Dec, March, June & Sept)	878-8830-7308
11:00 AM	Zoom	LA Community CoDA Business Meeting (2nd Saturday of Month)	817 3054 5106
1:00 PM	Zoom	ACA "Recovery Beyond Survival" Pwd: 112312	783-819-8955
1:00 PM	Zoom+CC	Peer Action 4 Change (1st Saturday of each Month)	881 1962 8653
1:00 PM	Zoom+CC	Free 'N' One "Free from bondage" *Christ centered	820-9704-3866
1:00 PM	Zoom	Recovery International (RI) (Mental Health Recovery) Led by Randy	849-9637-9153
1:00 PM	Zoom	Codependents Anonymous CoDA (Step Study)	833-8099-6184
2:30 PM	Zoom+DTLA	Narcotics Anonymous (NA) Rise up and Walk Hybrid Meeting	836-3997-5581
3:00 PM	Zoom	Sex Addicts Anonymous Intergroup (Reps Only) 1st & 3rd Saturday	886-1947-6797
6:00 PM	Zoom	*Free N One - Christ centered drug & alcohol 12-Step Group	839-6591-8769
7:00 PM	Zoom	Get Out of Stuck (For people who have time in Recovery, but are not advancing because of persistent bad habits or old patterns)	860-0763-6223
8:30 PM	Culver City	Saturday Night Young People's AA	In-person only

Time (PT)	Location	SUNDAY Meetings	Zoom ID Pwd: sharelove
10:00 AM	Zoom	Arts Anonymous	896-6505-8525
10:00 AM	Zoom+CC	SLAA (Sex & Love Addicts Anonymous)	824 0783 6063
10:00 AM	Culver City	Alcoholics Anonymous "Bikin' for Bill" In-person Only	In-person only
12:00 PM	Zoom+CC	LACYPAA Buisness Meeting Sunday (1st & 3rd Sundays) PW:	333-164-1935
1:00 PM	Zoom	ACA - "Recovery Beyond Survival" Zoom Password: 112312	783-819-8955
1:00 PM	Zoom	Clutterers Anonymous (CLA) clutterersanonymous.org Pwd:121212	891 8423 9661
1:30 PM	Zoom	Depression & Bipolar Support Alliance (DBSA)	734-252-138
1:30 PM	Zoom	Grief & Loss Support Group + Pet Loss Support (3rd Sunday)	880-3876-3086
2:00 PM	Zoom+CC	ACA Anger Release - Adult Children of Alcoholic/Dysfunctional Families	863-9060-2690
2:00 PM	Zoom+CC	N.O.R.M. National Organization of Restoring Men Circumcision Issues (3rd Sunday)	861-0214-0475
2:00 PM	Zoom	LA Play & Script Reading - (4th Sunday)	863-6130-6378
4:00 PM	Culver City	SAA - Sex Addicts Anonymous	In-person only
4:00 PM	Culver City	SLAA (Sex & Love Addicts Anonymous) Beginners Meeting	In-person only
4:00 PM	Zoom	CFIDS (Chronic Fatigue Immune Dysfunction Syndrome/Fibromyalgia) (2nd Sunday)	873-8809-0629
4:00 PM	Zoom	Wildflowers-Mindful Peer Self Awareness & Radical Wellness (1st & 3rd)	817-9535-9897
5:00 PM	Zoom	Recovery International (RI) Mental Health Recovery - Mike & Stacie	898-4750-9434
6:00 PM	Zoom	ACA - Red Book Chapter 8 "Becoming Your Own Loving Parent"	854-5696-4208
6:00 PM	Zoom+CC	Depression Anonymous - Candlelight Meeting	881-7045-9148
6:30 PM	Zoom	SPAA - Sex & Porn Addicts Anonymous = http://spaa-recovery.org	Website
8:00 PM	Zoom+CC	Alcoholics Anonymous "We Agnostics"	823-9968-3543
11:00 PM	Culver City	AA Sunday Night Late Night	823-9968-3543

SHARE! Self-Help Support Groups shareselfhelp.org

Time (PT)	Location	MONDAY Meetings	Zoom ID Pwd: sharelove
10:00 AM	Zoom	Underearners Anonymous (UA) - Hiding & Biting to Shining & Receiving	858-9328-7692
12:00 PM	Zoom+CC	Co-Dependents Anonymous (CoDA)	864-9218-5415
1:00 PM	Zoom	ACA - Process of Recovery Zoom Password: 112312	783-819-8955
3:30 PM	Zoom	Here and Now Meditation Group	854-0626-7084
3:30 PM	Zoom	* Understanding Your Bible - Bible Study Meeting	882-4840-0938
4:00 PM	Zoom	W.R.A.P.—2nd & 4th Monday (Wellness and Recovery Action Plan)	831-2186-8086
5:00 PM	Zoom	Recovery International (anxiety, depression, anger) Led by Connie	879-8572-6335
5:30 PM	Zoom	Inez & Spiritual Support 12 Step (*Christian base)	858-0768-8756
6:00 PM	Zoom	Toastmasters Club - Learn to Speak in Public (2nd & 4th Monday)	881 1962 8653
6:00 PM	Zoom	*Free N One – Christ centered drug & alcohol 12 Step Support	849-4200-1035
6:00 PM	Zoom	*Free N One – "Tough Love" Christ Centered Codependency	897-7573-5087
6:00 PM	Zoom	Recovery International (Mental Health Recovery) Led by Cliff	822-6836-1971
6:30 PM	Zoom+CC	Alcoholics Anonymous (AA) "Dead or Alive" Zoom Pwd: 092645	272-445-164
7:00 PM	Zoom+DTLA	SLAA Sex & Love Addicts Anonymous (Hybrid: Zoom & DTLA)	895-5153-8830
7:00 PM	Zoom+DTLA	AA (Alcoholicos Anonimos) - Grupo "Unidad Y Servicio Virtual"	818-0641-5809
7:00 PM	DTLA	Emociones Anonimos Grupo Renacer - "Cuarto Y Qunito Paso"	In-person only
7:30 PM	Zoom	SOS (Non 12-Step) An Alternative Sobriety Path	845-9129-0820
7:30 PM	Zoom	Al-Anon (Friends and Families of problem drinkers)	836-4084-0456
8:00 PM	Zoom	Debtor's Anonymous—"Men's Stag"	885-5546-0488
8:00 PM	Zoom	ACA-Adult Children of Alcoholics/Dysfunctional Families Pwd:	287-542-664
8:00 PM	Zoom+CC	Depression Anonymous Candlelight meeting - Hybrid Meeting	874-7746-2792
11:00 PM	Culver City	AA "Third Tradition" Monday Night Late Night at SHARE! CC	In-person only

Time (PT)	Location	TUESDAY Meetings	Zoom ID Pwd: sharelove
7:30 AM	Zoom	Alanon (3 Daily Readers and 5 minute lead)	818-6944-3318
12:00 PM	Culver City	Co-Dependents Anonymous (CoDA)	In-person only
1:00 PM	Zoom	ACA "Recovery Beyond Survival" Pwd: 112312	783-819-8955
1:30 PM	Zoom	Cleptomaniacs & Shoplifters Anonymous (CASA)	871-5607-5649
2:00 PM	Zoom	Recovery International for depression, anger, etc. Led by Jessie	890-5417-4921
2:00 PM	Zoom+CC	ACA Anger Release Hybrid Meeting (In-person & on Zoom)	863-9060-2690
4:00 PM	Zoom	Underearners Anonymous (UA) - Our Thinking - Job Focus	823-7678-7204
5:30 PM	Zoom	Recovery International Co-Led by Jenna Sobelman & Jouie Ames	836-6824-0655
5:30 PM	Zoom	Inez & Spiritual Support 12 Step (*Christian base)	858-0768-8756
6:00 PM	Zoom+CC	Depression Bipolar Support Alliance (DBSA)	890 2459 6921
6:00 PM	Culver City	Cocaine Anonymous (CA)	In-person only
6:00 PM	Culver City	DBSG - Depression & Bipolar Support Group	In-person only
6:00 PM	Culver City	Al-Anon (Friends and Families of problem drinkers)	830-2026-0201
6:00 PM	Zoom	Recovery International Co-Led by Christy & Gillian	812-6141-1459
6:00 PM	Zoom	Get Out of Stuck (People who have time in Recovery, but are not advancing because of persistent bad habits or old patterns of behavior)	821-2569-7129
6:00 PM	Zoom	*Free N One – Christ centered drug & alcohol 12 Step Group	843-8609-5134
7:00 PM	Zoom+DTLA	AA (Alcoholicos Anonimos) - Grupo "Unidad Y Servicio Virtual" SHARE! DTLA 425 South Broadway, Los Angeles CA, 90013	818-0641-5809
7:00 PM	DTLA	Emociones Anonimos Grupo Renacer - "Cuarto Y Qunito Paso" SHARE! DTLA 425 South Broadway, Los Angeles CA, 90013	In-person only
7:00 PM	Zoom	SOS - Secular Organizations for Sobriety - Passcode: 164123	419-282-6380
7:00 PM	Zoom	Wildflowers' Movement - Email wildflowersmovement@gmail.com	Send Email
7:30 PM	Zoom	AA - Big Book Study	In-person only
8:00 PM	Zoom+CC	SAA - Sex Addicts Anonymous - Passcode: 544-526	894-8049-8017
11:00 PM	Culver City	Tuesday Late Night AA	In-person only

Time (PT)	Location	WEDNESDAY Meetings	Zoom ID Pwd: sharelove
12:00 PM	Zoom+CC	Co-Dependents Anonymous (CoDA)	867-3560-1874
1:00 PM	Zoom	ACA "Recovery Beyond Survival" Pwd: 112312	783-819-8955
1:30 PM	Zoom+DTLA	Recovery International (Hybrid: Zoom & SHARE! DTLA)	872-9386-9716
2:00 PM	Zoom	Recovery International (Anxiety, Anger, Depression) Led by Celinda	850-3520-7116
5:30 PM	Zoom	Emotions Anonymous (EA)	854-8341-2754
6:00 PM	Zoom	Workaholics Anonymous (WA)	816-3399-5043
6:00 PM	Zoom	* Free N One – Christ centered drug & alcohol 12-Step Group	815-1383-8237
6:00 PM	Zoom+CC	Narcotics Anonymous (NA) Never Alone, Never Again	833-3912-9769
6:30 PM	Zoom+CC	Nar-Anon 12-step for family and friends of narcotic addicts	826-3487-8945
6:45 PM	Culver City	AA Womens Discussion Meeting "Living in the Solution" For zoom info please email Dana @ danafromwi@gmail.com	In-person only
7:00 PM	Zoom+DTLA	AA (Alcoholicos Anonimos) - Grupo "Unidad Y Servicio Virtual" SHARE! DTLA 425 South Broadway, Los Angeles CA, 90013	818-0641-5809
7:00 PM	DTLA	Emociones Anonimos Grupo Renacer - "Cuarto Y Qunito Paso"	In-person only
7:00 PM	Zoom	DBSA (Depression & Bipolar Support Alliance)	858-711-7744
7:00 PM	Zoom	PFLAG (Parents, Family And Friends of Gays And Lesbians) All LGBTQ+ Gender Focus (3rd Wednesday of the month) pflagla.org	892 6962 3115
7:00 PM	Zoom	LA Help (Herpes) monthly Webinar Support meeting - lahelp.org	lahelp.org
8:00 PM	Culver City	Sex Addicts Anonymous (SAA) - Open to all seeking recovery	In-person only
8:00 PM	Culver City	Marijuana Anonymous	In-person only
8:00 PM	Culver City	Heart Broken Anonymous - Focus: Grief Support	In-person only
8:00 PM	Zoom+CC	Depression Anonymous Candlelight meeting	823-9064-8007
8:00 PM	Zoom	Underearners Anonymous (UA) Transforming Trauma into Healing Email transformingtraumaintohealing@gmail.com for password	Email for Password
11:00 PM	Culver City	Wednesday Late Night Young People's AA SHARE! 6666 Green Valley Circle, Culver City, CA 90230	In-person only

Time (PT)	Location	THURSDAY Meetings	Zoom ID Pwd: sharelove
7:30 AM	Zoom	ACA - Adult Children of Alcoholics/Dysfunctional Families	867-9175-4083
12:00 PM	Zoom	RIM - Reflections on Invigorating Moments. (2nd & 4th Thursday)	820-9586-1499
12:00 PM	Zoom	Overeaters Anonymous (OA) Writing & Thinking - Open sharing	876-8690-1985
12:30 PM	Zoom	Recovery International (RI) (Mental Health Recovery) w/ John & Kate	849-9637-9153
1:00 PM	Zoom	ACA "Recovery Beyond Survival" Pwd: 112312	783-819-8955
1:30 PM	Zoom+CC	ACA Anger Release Hybrid Meeting (In-person & on Zoom)	851 0490 0907
4:00 PM	Zoom	Narcotics Anonymous (NA) - "Safe When Used As Directed" for addicts taking medication prescribes by a physician.	874-0590-0291
4:00 PM	Zoom	NAMI - National Alliance on Mental Illness Support Group	731-157-6610
5:30 PM	Zoom	Recovery International (Mental Health Recovery) Led by Jenna	849-9637-9153
6:00 PM	Zoom	*Free N One – Christ centered drug & alcohol 12 Step Support	897-8946-4309
6:00 PM	Zoom+CC	AA work shop "Grouch and the Brain Storm"	864-6962-5697
6:00 PM	Zoom+CC	Sex and Love Addicts Anonymous (SLAA) - Pwd: thu630cfft	781-3422-2973
6:00 PM	Zoom+CC	Al-Anon 6:00 PM to 10PM Zoom Password: 80653030	882 994-431
6:30 PM	Zoom	NAMI - National Alliance on Mental Illness - Family Support Group	125-662-346
7:00 PM	Zoom+DTLA	AA (Alcoholicos Anonimos) - Grupo "Unidad Y Servicio Virtual" SHARE! DTLA 425 South Broadway, Los Angeles CA, 90013	818-0641-5809
7:00 PM	DTLA	Emociones Anonimos Grupo Renacer - "Cuarto Y Qunito Paso"	In-person only
7:00 PM	Zoom	PFLAG (Parents, Family And Friends of Lesbians & Gays) LGBTQ+ (2nd Thursday of month) Gender Focus pflagla.org	817 7545 1450
7:30 PM	DTLA	Narcotics Anonymous (NA)	In-person only
8:00 PM	Culver City	Cocaine Anonymous (CA)	In-person only
8:00 PM	Zoom	Toastmasters "Heart-Centered" - Learn how to speak publicly	898-3801-1518
8:00 PM	Zoom+CC	Al-Anon - Continuation of the meeting that began at 6pm - No late arrivals Email thursdaysteppedup@gmail.com for Password	882 994-431
8:00 PM	Zoom+CC	Emotions Anonymous (EA)	899-4007-0635
8:00 PM	Zoom	Co-Dependents Anonymous (CoDA) "Finding Your Freedom"	846-5446-8129
11:00 PM	Culver City	AA "Thursday Late Night Luck of the Draw AA"	In-person only