

Collaborative Housing **Immediate Housing in Los Angeles**

CALL 1-877-SHARE-49 WEEKDAYS



Recovery Retreat

Free room and board for up to two weeks, no insurance required

Design your own recovery journey for a great life!

Email retreat@shareselfhelp.org

Self-Help Support Groups

Free - 7 Days a Week

In-person & Zoom

recovery - addiction - mental health - family issues

love, relationships & sex - emotions

all life Issues

Culver City, CA & Downtown Los Angeles

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.

www.shareselfhelp.org



S H A R E !™

the **Self-Help And Recovery Exchange**

Self-Help Support Groups

7 Days a Week!

(In-person, Zoom & Hybrid)

SHARE! Downtown Los Angeles

425 South Broadway

Los Angeles, CA 90013

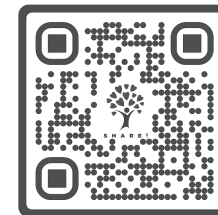
(213) 213-0100

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

213-213-0100 or email info@shareselfhelp.org



shareselfhelp.org

The website has an online version of the directory with links



SHARE! Downtown Los Angeles
 425 South Broadway, Los Angeles, CA 90013
 (213) 213-0100
In-person Meetings

Zoom Pwd: sharelove

SUNDAY	Meeting	Zoom ID	Room
Sun 5:00 pm	RI - Recovery International (for anxiety, depression, anger, etc.) - leaders Mike & Stacie	898 4750 9434	Vision
Sun 5:30 pm	EA - Emotions Anonymous	854 8341 2754	Peace

MONDAY	Meeting	Zoom ID	Room
Mon 3:30 pm	* Bible Study Meeting - Understanding Your Bible	882 4840 0938	Hope
Mon 4:00 pm	W.R.A.P. - Wellness and Recovery Action Plan 2nd & 4th Monday	831 2186 8086	Harmony
Mon 5:00 pm	RI - Recovery International (for anxiety, depression, anger, etc. Led by Connie (San Marin)	879 8572 6335	Peace
Mon 5:30 pm	Inez & Spiritual Support - 12 Step (*Christian based)	860 4632 6031	Friendship
Mon 5:30 pm	EA - Emotions Anonymous	875 7127 3675	Hope
Mon 7:00 pm	SLAA - Sex and Love Addicts Anonymous	879 0541 7524	Vision
Mon 7:00 pm	AA (Spanish) - Alcohólicos Anónimos (Spanish) - Grupo "Unidad Y Servicio Virtual" - Zoom y en persona - 425 South Broadway, Los Angeles CA, 90013 - Zoom Password: 011195	825 3584 0376	Friendship / Online

TUESDAY	Meeting	Zoom ID	Room
Tues 2:00 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.) Led by Robert	890 5417 4921	Vision
Tues 5:30 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.)	836 6824 0655	Peace
Tues 5:30 pm	Inez & Spiritual Support- 12 Step (*Christian based)	860 4632 6031	Friendship
Tues 5:30 pm	ACA - Adult Children of Alcoholic and Dysfunctional Families - Daily Triumph	828 1435 8543	Hope
Tues 6:00 pm	Free N One - Christ centered drug & alcohol 12 Step Support Group -participation or speaker.	843 8609 5134	Courage
Tues 6:00 pm	Couples in Recovery - Chapter Nine	834 7576 5016	Prosperity
Tues 7:00 pm	AA (Spanish) - Alcohólicos Anónimos (Spanish) - Grupo "Unidad Y Servicio Virtual" - Zoom y en persona - 425 South Broadway, Los Angeles CA, 90013 - Zoom Password: 011195	825 3584 0376	Friendship / Online
Tues 7:00 pm	EA - Emociones Anonimos (Spanish) - Grupo Renacer "Cuarto Y Qunito Paso" Zoom y en persona SHARE! 425 South Broadway, Los Angeles CA, 90013	846 3654 6984	Vision

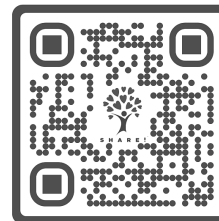
WEDNESDAY	Meeting	Zoom ID	Room
Wed 1:00 pm	Project Return - Mental Health, Secular, Community Group		Courage
Wed 1:30 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.)	872 9386 9716	Vision
Wed 6:00 pm	Free N One - Christ centered drug & alcohol 12 Step Support Group -participation or speaker.	815 1383 8237	Courage
Wed 7:00 pm	AA (Spanish) - Alcohólicos Anónimos (Spanish) - Grupo "Unidad Y Servicio Virtual" - Zoom y en persona - 425 South Broadway, Los Angeles CA, 90013 - Zoom Password: 011195	825 3584 0376	Friendship / Online
Wed 7:30 pm	AA - Alcoholics Anonymous - Participation Group		Hope
Wed 7:30 pm	MA - Marijuana Anonymous		Courage

SHARE! Downtown Los Angeles In-person Meetings
Zoom Passcode: sharelove

THURSDAY	Meeting	Zoom ID	Room
Thurs 12:30 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.) Led by Kevin	849 9637 9153	Vision
Thurs 2:00 pm	Boundaries - Survivors of sex trafficking and those "TRAPPED" in sex work currently or previously (Women Only)	856 3188 9138	Courage
Thurs 5:30 pm	Inez & Spiritual Support - 12 Step (*Christian based)	860 4632 6031	Friendship
Thurs 5:30 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.) Led by Jenna	849 9637 9153	Vision
Thurs 6:00 pm	Free N One - Christ centered drug & alcohol 12 Step Support Group -participation or speaker.	897 8946 4309	Courage
Thurs 7:00 pm	AA (Spanish) - Alcohólicos Anónimos (Spanish) - Grupo "Unidad Y Servicio Virtual" - Zoom y en persona - 425 South Broadway, Los Angeles CA, 90013 - Zoom Password: 011195	825 3584 0376	Friendship / Online
Thurs 7:00 pm	EA - Emocionales Anónimos (Spanish) Grupo Renacer "Cuarto Y Qunito Paso" Zoom y en persona SHARE! 425 South Broadway, Los Angeles CA, 90013	846 3654 6984	Vision
Thurs 7:30 pm	NA & AA - Narcotics Anonymous & Alcoholics Anonymous - Book Study and Participation - 425 South Broadway, Los Angeles CA, 90013		Peace

FRIDAY	Meeting	Zoom ID	Room
Fri 5:30 pm	Revive Prayer Group - This is a faith exercise to receive love & inner healing to overcome our weak areas of struggle. We are a non-religious group & want to bring hope & healing to our neighbors & community. Non-religious group. Biblical spiritual taught throughout the Bible Old & New Testament.	844 4317 7979	Peace
Fri 7:00 pm	Free N One - Christ Centered Codependency "Tough Love" Support Group meeting (*Christian based)	813 8901 2194	Courage
Fri 7:00 pm	AA (Spanish) - Alcohólicos Anónimos (Spanish) - Grupo "Unidad Y Servicio Virtual" - Zoom y en persona - 425 South Broadway, Los Angeles CA, 90013 - Zoom Password: 011195	825 3584 0376	Friendship / Online
Fri 7:30 pm	AA- Alcoholics Anonymous (Speaker/Participation) "South Park Group"	846 8470 7396	Vision
Fri 7:30 pm	SCA - Compulsivos Sexuales Anónimos (Spanish) Sexual Compulsives Anonymous	827 2571 5180	Friendship

SATURDAY	Meeting	Zoom ID	Room
Sat 09:30 am	AA - Alcoholics Anonymous Butterfly Effect	879 9083 4497	Vision
Sat 1:00 pm	Overcomers Outreach - 12 Step * Faith Based - 1st & 3rd of Month	895 4528 6920	Courage
Sat 1:00 pm	RI - Recovery International (Better Mental Health: anxiety, depression, anger, etc.)	849 9637 9153	Vision
Sat 6:00 pm	Free N One - *Christ centered drug & alcohol 12 Step Support Group meeting - participation or speaker.	839 6591 8769	Courage



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