

# Self-Help Support Group Attendance Verification Form Due Saturday, Jan. 4, 2025

Questions or problems? Email: [training@shareselfhelp.org](mailto:training@shareselfhelp.org)

**Ten self-help support groups must be attended to qualify for the SHARE! Medi-Cal Certification scholarship.** Keep track of your meetings in the form provided below. Submit to [training@shareselfhelp.org](mailto:training@shareselfhelp.org) by 1/4/25.

- ✓ Attend as a member of the group, not a student, so choose the meetings that you qualify for. You are there to get support for your own issues, not to take notes or study other people. Think about what you would like support for.
- ✓ In-person meetings are preferable, but online meetings also accepted. You must attend the entire meeting.
- ✓ You don't have to go to 10 different types of groups—you can attend all of the same fellowship if you want.
- ✓ Verification is signed by meeting leader or write down the leader of the Zoom group
- ✓ Must be a SELF-HELP group with no paid facilitator, not led by a licensed professional

**Recommended groups** (reach out if you want more suggestions [training@shareselfhelp.org](mailto:training@shareselfhelp.org))

## 12-Step groups

- **Co-Dependents Anonymous** (anyone seeking healthy relationships) <https://coda.org/>
- **Debtors Anonymous** (coping with debt/money management) <https://debtorsanonymous.org/>
- **Alcoholics Anonymous** <https://www.aa.org/>
- **Narcotics Anonymous**  
<https://www.narcotics.com/na-meetings/>

## Non 12-Step groups

- **Recovery Dharma** <https://recoverydharma.org/>
- **SMART Recovery** <https://smartrecovery.org/>
- **LifeRing** <https://lifering.org/>
- **ToastMasters** (public speaking) [Toastmasters.org](https://Toastmasters.org)

## How to attend a self-help support group

- 1) Choose the group you want to attend
- 2) Go to the group's website and search for MEETINGS (usually a tab)
- 3) Scroll for the meeting time and place which best suits your schedule. Some meetings have a special focus, such as LGBTQ+, women, veterans et cetera.
- 4) Attend the entire meeting and record it on the Verification Form

### Attending a 12-step group

There are many compelling reasons to go to 12-step groups. They are widespread and address a wide range of issues. They offer a spiritual approach centered in being honest and committing to personal growth, while acknowledging that no one is perfect. Hence, the 12-step slogan, "Progress not perfection."

After finding a meeting, it's a good idea to call the contact person to confirm the meeting date, time, and location. You may have noticed this person is identified by first name, and last initial. This follows the 12-Step tradition of anonymity (not using full names), which says that members are not identified publicly. They remain anonymous during meetings also, using only first names. Information shared at meetings is not discussed outside the meeting. Thus helps ensure that all things shared are held in confidence.

Most meetings have between five and 25 people, and last one hour to one-and-a-half hours. Someone may welcome you to the group. Most meetings use a written format; the leader will read from it and ask volunteers to read different items. The meeting is about people sharing their thoughts, feelings, and experiences, which can happen in a roundtable, at a podium or other arrangement. Many fellowships post their meeting formats on their websites.

### Guidelines

Meetings have a structure and ground rules. Typically everyone is silent when one is sharing. This is despite the fact that participants may have questions or suggestions for the person sharing. That rule is called "no cross talk." Included in this is the rule to not refer to another person or their sharing when the time comes to share. People speak about their own experience; no one else's. There is great value in these rules, because they allow the truth to come through the sharing. If unsure about what "no cross talk" means, ask someone after the meeting.

Some meetings go around the room, phone call or online space where people share in turn. Others are free-form, where people share as they are moved to. People generally share about their current issues in life. Others choose not to share. Meetings often use timers and announce how long shares should be.

Online meetings may request that people turn their cameras on, and may pass the sharing along, each person choosing the next person after their share.

A sign-up list of first names may go around, with phone numbers. You may sign or not. The phone list can be a useful list of people to call to find out more about the program.

**VERIFICATION FORM** – 10 meetings required by Saturday, January 4, 2025

Type or write by hand. Mail form to [training@shareselfhelp.org](mailto:training@shareselfhelp.org)

	<b>MEETING NAME</b> (Example: CoDependents Anonymous)	<b>MEETING DATE</b> (Example: 11/18/2024)	<b>DAY &amp; TIME</b> (Example: Mon 6pm)	<b>MEETING I.D.</b> (Example: Share! zoom 544-337-- 5344)	<b>VERIFICATION</b> (Example: Cliff)
<b>1</b>					
<b>2</b>					
<b>3</b>					
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<b>5</b>					
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