



*** SHARE! ***

SHARE! the Self-Help And Recovery Exchange

**Downtown
MEETING DIRECTORY
FEBRUARY 2015**

Open 7 Day a week
Sunday-Friday 12:30 pm-9:30 pm
Saturday 9:00 am-5:30 pm

425 S. Broadway Los Angeles CA 90013
Phone: (213) 213-0100 Fax: (213) 213-0108
WWW.SHARESELFHELP.ORG

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

For self-help meetings
elsewhere in Los Angeles County
CALL 1-877-SHARE-49 (Toll Free)

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.

SHARE! Downtown Meeting Directory February 2015

425 S. Broadway L.A. CA 90013 (213) 213-0100

SUNDAY

12:30 pm **Co-Dependientes Anónimos**
(CODA in Spanish), 1st & 3rd Sundays only
Hope Room

1:00 pm **Depression & Bipolar Support Group**
Peace Room

1:30 pm **Cleptomaniacs & Shoplifters Anonymous (CASA)**
Courage Room

3:30 pm **Narcotics Anonymous**
"Sunday in The Sun", **Friendship Room**

5:30 pm **SMART Recovery** (Self Management for Addiction
Recovery) **Friendship Room**

7:30 pm **Cocaine Anonymous** "The Last Stop", **Courage
Room**

MONDAY

12:30 pm **Sex Addicts Anonymous**
Vision Room

1:30 pm **Helping Hands Arts & Crafts**
Hope Room

3:30 pm **Wellness Recovery Action Plan (W.R.A.P.)**
Hope Room

7:00 pm **Narcotics Anonymous, Vision Room**

7:30 pm **SMART Recovery** (Self Management for Addiction
Recovery) **Friendship Room**

7:30 pm **SOS** (Save Our Selves) a non-12-step sobriety
path **Peace Room**

7:30 pm **Adictos al Sexo y al Amor Anónimos**
(SLAA in Spanish), **Courage Room**

TUESDAY

12:30 pm **Free 'N' One** (Free From Drugs & Alcohol &
One With Christ) **Hope Room**

12:30pm **Project Return : Hour of Power** (women only)
Peace Room

3:30 pm **Alcoholics Anonymous** "Women Do Recover"
Women Only **Peace Room**

3:30 pm **Adult Children of Alcoholics and Dysfunctional
Families (ACA)** "Healing After The Pain" **Courage
Room**

5:30 pm **Milatti Islamic : Path To Peace**
(Addiction Prevention & Recovery), **Vision Room**

7:30 pm **Adictos al Sexo Anónimos (SAA in Spanish)**
Hope Room

7:30 pm **Sexual Compulsives Anonymous**
Peace Room

7:30 pm **Narcotics Anonymous, Friendship Room**

7:30 pm **Cleptomaniacs & Shoplifters Anonymous (CASA)**
Courage Room

WEDNESDAY

12:30 pm **Project Return Recovery Seekers**
Courage Room

1:30pm **Adult Children of Alcoholics and Dysfunctional
Families (ACA)** **Vision Room**

1:30 pm **Depression & Bipolar Support Group**
Peace Room

3:30pm **Community Meeting**
"My Brother's Keeper", **Lobby**

5:30pm **Zumba Wednesdays, Friendship Room**

7:30 pm **Adult Children of Alcoholics (ACA)**
Courage Room

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

7:30 pm **SOS** (Save Our Selves) a non-12-step sobriety
path **Peace Room**

7:30 pm **Co-Dependientes Anónimos** (CODA in Spanish)
Hope Room

THURSDAY

12:30 pm **Alcoholics Anonymous** Big Book Study, **Peace
Room**

12:30 pm **Free 'N' One** (Free From Drugs & Alcohol & One
With Christ) **Hope Room**

12:30 pm **Recovery International** helps people manage
anger, depression, anxiety, fear and more **Vision Room**

3:30 pm **Adult Children of Alcoholics and Dysfunctional
Families (ACA)** Anger Release, **Friendship Room**

7:15 pm **Overeaters Anonymous, Peace Room**

7:30 pm **Vipassana Insight Meditation***
Meditation in the Buddhist tradition, **Friendship Room**

7:30 pm **Co-Dependents Anonymous,**
Vision Room

FRIDAY

3:30 pm **Adult Children of Alcoholics and Dysfunctional
Families (ACA)** "Healing After The Pain," **Courage
Room**

7 pm-9 pm **Co-Dependientes Anónimos** (CODA in
Spanish) Limite a Junta de Estudios, **Hope Room**

7:30 pm **Recovery International** helps people manage
anger, depression, anxiety, fear and more,
Peace Room

7:30 pm **Alcoholics Anonymous** Speaker/Participation
"South Park Group", **Vision Room**

7:30 pm **Compulsivos Sexuales Anónimos**
(SCA in Spanish), **Friendship Room**

7:30 pm **Narcotics Anonymous, Courage Room**

SATURDAY

11:30am **Alcoholics Anonymous** Book Study
"The Butterfly Effect", **Hope Room**

1:30 pm **Dual Diagnosis** "Double Trouble", **Courage Room**

3:30 pm **Narcotics Anonymous** Basic text,
Peace Room

* 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?

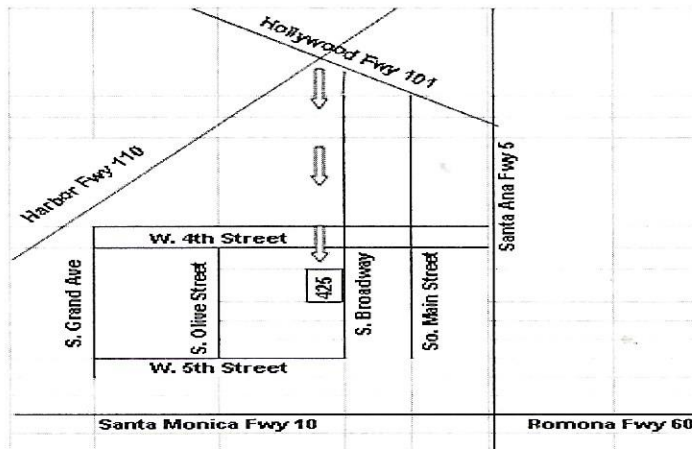
A basket will be passed to collect your donation. SHARE! has a **suggested donation of \$2 to \$5** per person per meeting, however, no one is turned away for lack of funds.

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. you attend a group six times before you decide whether it's helping you.

**Directions to SHARE! Downtown
425 S. Broadway (bet. 4th & 5th)**



Driving Directions: From **US 101 Freeway**
Take the **Broadway exit 2C.**
Turn **Right** onto **North Broadway.**
End at **425 South Broadway**

Metro: Red Line Pershing Sq. Exit

Paid parking lots on east side of Broadway.
Parking meters on Broadway