



2012

**Support Group Meetings Near or In Berkeley**

**(Websites on Back)**

|                                 |   |   |           |
|---------------------------------|---|---|-----------|
| Monday                          | Alcoholics Anonymous (Noonie Tooners Grp)     | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch  | 12:10 pm  |
|                                 | Alcoholic Anonymous (Drunks-R-Us)             | Northbrae Com Ch, 941 The Alameda   | 6:00 pm   |
|                                 | LifeRing Secular Recovery                     | Herrick Hospital, 2001 Dwight Way, Basement Level A   | 8:00 pm   |
|                                 | Marijuana Anonymous                           | Kaiser-CDRP (@ City Center, 969 Broadway, Oakland   | 6:45 pm   |
|                                 | Nar-Anon                                      | Summit Hospital, Providence Pavillion 3100 Summit St., Oakland  | 7:30-9 pm |
|                                 | Overeaters Anonymous (Varies)                 | Newman Hall, 2700 Dwight Way  | 12:10 pm  |
| Tuesday                         | Adult Children of Alcoholics (ACA)            | St. Johns Presbyterian Church, 2727 College Ave, Room 212   | 7:30 pm   |
|                                 | Alcoholics Anonymous (Noonie Tooners Grp)     | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch  | 12:10 pm  |
|                                 | Alcoholics Anonymous                          | Berkeley Fellowship, 2108 McGee Ave   | 5:15 pm   |
|                                 | CoDA (Book Study)                             | Kaiser Permanente Mosswood Bldg, 11 <sup>th</sup> fl room 1130 A or B   | 9:30 am   |
|                                 | Food Addicts in Recovery                      | St. Columba Catholic Church, 6401 San Pablo Ave., Oakland   | 7:15 am   |
|                                 | Narcotics Anonymous                           | Lutheran Church of the Cross, 1744 University Ave   | 9:00 am   |
| Wednesday                       | Overeaters Anonymous (Young People)           | Newman Hall – Holly Spirit Parish, 2700 Dwight Way  | 6:00 pm   |
|                                 | Alcoholics Anonymous (Noonie Tooners Grp)     | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch  | 12:00 pm  |
|                                 | Alcoholics Anonymous (Drunk-R-Us)             | Northbrae Community Church, 941 The Alameda   | 6:00 pm   |
|                                 | Alcoholics Anonymous (Wild Bunch)             | 1744 University Ave   | 8:00 pm   |
|                                 | Marijuana Anonymous                           | St. John's Presbyterian Church, 2727 College Ave., Campbell Reception Room                                    | 6:15 pm   |
|                                 | Narcotics Anonymous                           | University Health Services, 2222 Bancroft Way, Tang Center room 3110  | 12:00 pm  |
| Thursday                        | Narcotics Anonymous (Step)                    | Recreation Center, 2800 Park St.  | 7:00 pm   |
|                                 | Narcotics Anonymous (Men In Recovery)         | Unitarian Universalist Church, 1606 Bonita (At Cedar St.)   | 7:00 pm   |
|                                 | Overeaters Anonymous                          | Epworth United Methodist Church   | 7:00 am   |
|                                 | Adult Children of Alcoholics (ACA)            | 280 West MacArthur Blvd, 12 <sup>th</sup> fl room 1200A, Oakland Enter @ Howe East Entr or Broadway Discharge | 7:00 pm   |
|                                 | Al-Anon                                       | St. Johns Presbyterian Church, 2727 College Ave, Room 212   | 7:00 pm   |
|                                 | Alcoholics Anonymous (Noonie Tooners Grp)     | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch  | 12:10 pm  |
| Friday                          | Alcoholics Anonymous (Big Book Study)         | Berkeley Fellowship, 2108 McGee Ave   | 5:15 pm   |
|                                 | Food Addicts in Recovery                      | St. John's Presbyterian Church, 2727 College Ave, Fireside Room   | 8:30 am   |
|                                 | Narcotics Anonymous (Thurs Night Candlelight) | 1744 University Ave. (At McGee)   | 8:00 pm   |
|                                 | Overeaters Anonymous                          | Epworth United Methodist Church   | 7:00 am   |
|                                 | Alcoholics Anonymous (Noonie Tooners Grp)     | YWCA, Main Lounge, 2600 Bancroft Way at Bowditch  | 12:10 pm  |
|                                 | Alcoholics Anonymous (The First Step Grp)     | All Souls Episc Parish, 2220 Cedar St   | 6:30 pm   |
| Saturday                        | Alcoholics Anonymous                          | Newman Hall, 2700 Durant Way at College   | 8:00 pm   |
|                                 | CoDA (Group)                                  | Kaiser Permanente Medical Center, Oakland   | 6:00 pm   |
|                                 | LifeRing Secular Recovery                     | Herrick Hospital, 2001 Dwight Way, Basement Level A   | 7:30pm    |
|                                 | Nar-Anon                                      | Holy Cross Baptist Church, 949 55 <sup>th</sup> St., Oakland  | 7-8:30 pm |
|                                 | Al-Anon/ACA Family Group                      | UCBerkeley Newman Hall, 2700 Dwight Way, enter front door and go left to the Gallery room                     | 3:30 pm   |
|                                 | Alcoholics Anonymous (Meditation)             | Berkeley Fellowship, 2108 McGee Ave   | 12:00 pm  |
| Sunday                          | Alcoholics Anonymous (Women's)                | Berkeley Fellowship, 2108 McGee Ave   | 4:00 pm   |
|                                 | Alcoholics Anonymous (Living Sober)           | Berkeley Fellowship, 2108 McGee Ave   | 5:15 pm   |
|                                 | Food Addicts in Recovery                      | The Peace Center at Christ Church, 2138 Cedar St.   | 9:30 am   |
|                                 | Nar-Anon                                      | St. Paul's Episcopal Church, 124 Montecito Ave, Oakland   | 7:30-9 pm |
|                                 | Narcotics Anonymous (One Primary Purpose)     | 1744 University Ave. (At McGee)   | 7:00 pm   |
|                                 | Overeaters Anonymous (Newcomer)               | St Johns Presbyterian Church, 2727 College Ave, Room 212  | 8:30 am   |
| Sunday                          | Alcoholics Anonymous                          | Berkeley Fellowship, 2108 McGee Ave   | 9:30 am   |
|                                 | Alcoholics Anonymous (Sun Night LGBT)         | Newman Hall, 2700 Dwight Way at College   | 7:30 pm   |
| <b>More information on back</b> |   |   |           |

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| Sunday cont. | Food Addicts in Recovery         | Summit Hospital, 350 Hawthorn Ave (1 <sup>st</sup> Floor, rooms Fir 1&2) | 8:30 am  |
|              | Marijuana Anonymous              | Kaiser Permanente, PT conf room, 2 <sup>nd</sup> floor, 3701 Broadway    | 10:15 am |
|              | Narcotics Anonymous (Basic Text) | Alta Bates Hospital, Maffly room, level A, 2001 Dwight Way               | 10:00 am |

This is an abbreviated list of support groups in the area. For a more comprehensive list, please contact the organizations directly. These meetings are self-help groups open to the public and coordinated by their respective organizations. The Tang Center/University Health Services provides some of the meeting space in order to facilitate the UC Berkeley's community access to such community services. Inclusion on this list is not necessarily an endorsement by the UHS. Individuals must evaluate each program benefits for themselves. For more information on local groups and other locations please contact the websites below. This schedule is updated each semester. Meeting's are subject to change at any time. Please contact the 12-step organization you are interested in to verify meeting times and locations.

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| <b>Adult Children of Alcoholics (ACA)</b><br>Twelve-step recovery program for men and women who grew up in alcoholic or otherwise dysfunctional homes.  | 562-595--7831 <a href="http://www.adultchildren.org">www.adultchildren.org</a>  |
| <b>AI-Anon</b><br>Support group of relatives and friends affected by someone else's drinking.   | 510-528-4379 <a href="http://www.ncwsa.org">www.ncwsa.org</a>   |
| <b>Alcoholics Anonymous</b><br>Twelve-step recovery program for men and women recovering from alcoholism.   | 510-839-8900 (central office and 24-hr. hotline)<br><a href="mailto:centraloffice@eastbayaa.org">centraloffice@eastbayaa.org</a> ,<br><a href="http://www.eastbayaa.org">http://www.eastbayaa.org</a> |
| <b>CODA (Co-dependents Anonymous)</b><br>Twelve-step program of recovery from codependence.   | 415-905-6331 or 925-683-8612<br><a href="http://www.coda.org">www.coda.org</a><br><a href="http://www.sfbaycoda.net">www.sfbaycoda.net</a>  |
| <b>Food Addicts in Recovery</b><br>Twelve-step program for men and women who have experienced difficulties in life as a result of the way we eat.   | 800-600-6028-or 415-248-9347<br><a href="http://www.foodaddicts.org">www.foodaddicts.org</a>  |
| <b>Gamblers Anonymous</b><br>Twelve-step fellowship of men and women who share their experience, strength and hope to help recover from a gambling problem.   | 800-287-8670 <a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>   |
| <b>LifeRing</b><br>An alcohol and drug peer support program, from a secular perspective. Non-twelve-step based program.   | <a href="http://www.lifering.org">www.lifering.org</a>  |
| <b>Marijuana Anonymous/MA World Services</b><br>Twelve-step recovery program for men and women recovering from marijuana addiction.   | 800-766-6779 <a href="http://www.marijuana-anonymous.org">www.marijuana-anonymous.org</a><br>510-287-8873   |
| <b>Nar-anon</b><br>Twelve-step fellowship for the family and friends of drug addicts.   | <a href="http://www.naranoncalifornia.org">www.naranoncalifornia.org</a>  |
| <b>Narcotics Anonymous</b><br>Twelve-step recovery program for men and women recovering from drug addiction.  | 510-444-hope <a href="http://www.444hope.org">www.444hope.org</a>   |
| <b>Nicotine Anonymous</b><br>Twelve-step program to help people live their lives free of nicotine.  | 415-995-1938 <a href="http://nica-norcal.org">http://nica-norcal.org</a>  |
| <b>Overeaters Anonymous</b><br>Twelve-step program to help people solve a common problem – compulsive overeating, which includes obesity, anorexia and bulimia.   | <a href="http://www.oaeastbay.org">www.oaeastbay.org</a>  |
| <b>Sex Addicts Anonymous</b><br>Twelve-step program to help people recover from obsession with sex and compulsive sexual behavior.  | 800-477-8191 <a href="http://www.saa-recovery.org">www.saa-recovery.org</a>   |
| <b>Sex &amp; Love Addicts Anonymous</b><br>Twelve-step program to help people with one or more addictive behaviors related to sex addiction, love addiction and dependency on romantic and emotional attachments. | 415-979-4715 <a href="http://www.slaa-sfeb.org">www.slaa-sfeb.org</a>   |
| <b>St. John's Presbyterian</b><br>2727 College Ave., Berkeley, CA 94705   | 510-845-6830  |