

**WEEKLY MEETING SCHEDULE FOR MANDANA COMMUNITY RECOVERY CENTER, A PROGRAM OF HORIZON SERVICES, INC.**

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**website: horizonservices.org \*\* PLEASE CALL TO CONFIRM MEETING DAYS/TIMES \*\* Wheel chair accessible**



Day/Time	Open/Closed	Meeting/Group Name	Room	12/4/2009
<b>Sunday</b>				
7:00 AM	8:00 AM	O	Overeaters Anonymous (OA) <i>HOW</i>	Serenity Room (Grey Bldg)
10:00 AM	11:30 AM	O	Narcotics Anonymous (NA) <i>Step &amp; Tradition Study</i>	Living Room (House)
10:15 AM	11:30 AM	C	Marijuana Anonymous (MA)	Serenity Room (Grey Bldg)
10:30 AM	11:30 AM	O	Overeaters Anonymous (OA)	Den ( House)
4:00PM	5:00 PM	O	Sex Addicts Anonymous (SAA) <i>East Bay step study</i>	Living Room (House)
5:00 PM	6:00 PM	O	Sex & Love Addicts Anonymous (SLAA) <i>Newcomers</i>	Room B (Grey Bldg)
6:00 PM	7:30 PM	O	Co-Dependents Anonymous (CoDA) <i>Women</i>	Den ( House)
6:00 PM	7:30 PM	O	Sex & Love Addicts Anon. (SLAA) <i>Newcomers Welcome</i>	Living Room (House)
6:15 PM	7:15 PM	O	Love Addicts Anonymous (LAA) <i>Getting the Love You Want</i>	Serenity Room (Grey Bldg)
8:00 PM	9:00 PM	O	Alcoholics Anonymous (AA) <i>Discussion</i>	Living Room (House)
<b>Monday</b>				
12:00 PM	1:00 PM	O	Sex & Love Addicts Anon. (SLAA) <i>Step Study</i>	Living Room (House)
3:00 PM	5:00 PM	O	Self Guided Meditation Tapes Available	Quiet Room (House– Upstairs)
5:45 PM	6:45 PM	O	Co-dependants co-sponsors Group	Room B (Grey Bldg)
6:00 PM	7:15 PM	O	Underearners Anonymous (UA)	Quiet Room ( House, Upstairs)
6:00 PM	7:15 PM	O	Co-Dependents Anonymous <i>Women</i>	Den (House)
6:00 PM	7:00 PM	C	Alcoholics Anonymous (AA) <i>Workenders, Step Study</i>	Living Room (House)
7:00 PM	8:00 PM	O	Hepatitis C Support Group <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Mondays</b>	Room B (Grey Bldg)
7:45 PM	8:45 PM	O	Debtors Anonymous (DA) <i>Newcomers Welcome</i>	Den (House-Upstairs)
8:00 PM	9:00 PM	O	Alcoholics Anonymous (AA) <i>Tapestry Women, Scent Free</i>	Living Room (House)
<b>Tuesday</b>				
9:30 AM	10:30 AM	O	Co-Dependents Anonymous (CODA) <i>BIG BOOK study</i>	Living Room ( House)
12:00 PM	1:00 PM	C	Sex Addicts Anon. (SAA) <i>Mixed Format</i>	Living Room ( House)
3:00 PM	5:00 PM	O	Self Guided Meditation Tapes Available	Quiet Room (House– Upstairs)
5:30 PM	7:00 PM	O	Co-Dependents Anonymous (CoDA)	Quiet Room (House-Upstairs)
6:00 PM	7:00 PM	C	Alcoholics Anonymous (AA- <i>Women &amp; Trannies Girls Night Out</i>	Den (House-Upstairs)
6:00 PM	7:00 PM	C	Alcoholics Anonymous (AA) <i>5150's Dual Diagnosis</i>	Living Room (House)
7:00 PM	8:00 PM	O	FAA (Food Addicts Anonymous) <i>Literature Study</i>	Serenity Room (House)
7:30PM	9:00 PM	O	Debtors Anonymous (DA) <i>Men's Support</i>	Den (House)
7:30 PM	8:30 PM	O	Overeaters Anonymous (OA) <i>Grey Sheets</i>	Quiet Room (House-Upstairs)
7:30 PM	9:30 PM	O	Tuesday Education Presentation ( <i>Non-MCRC members \$5</i> )	Living Room (House)
<b>Wednesday</b>				
10:30AM	11:30AM	O	Overeaters Anonymous (OA)	Living Room (House)
12:00 PM	1:00 PM	O	Sex & Love Addicts Anonymous (SLAA)	Living Room (House)
3:00 PM	5:00 PM	O	Self Guided Meditation Tapes Available	Quiet Room (House– Upstairs)
6:00 PM	7:00 PM	O	Alcoholics Anonymous (AA) <i>Workenders</i>	Living Room (House)
6:00 PM	7:30 PM	C	Survivors of Incest Anonymous (SIA) <i>Nothing too heavy to share</i>	Room B (Grey Bldg)
6:30 PM	7:30 PM	O	Sex & Love Addicts Anonymous (SLAA) <i>Dating Building Partnerships</i>	Den (House-Upstairs)
7:30 PM	8:30 PM	C	Sex & Love Addicts Anonymous (SLAA) <i>People of Color</i>	Serenity Room (Grey Bldg)
8:00 PM	9:30 PM	O	Narcotics Anonymous (NA) <i>Men</i>	Living Room (House)
<b>Thursday</b>				
9:30 AM	10:30 AM	C	Sex & Love Addicts Anonymous (SLAA) <i>Health Professionals &amp; Clergy</i>	Room B (Grey Bldg)
9:30 AM	10:30 AM	O	Co-Dependents Anonymous (CODA) <i>Step Study</i>	Living Room (House)
3:00 PM	5:00 PM	O	Self Guided Meditation– Tapes Available	Quiet Room (House Upstairs)
6:00 PM	7:00 PM	O	Alcoholics Anonymous ( AA) 51/50	Den ( House)
5:45 PM	6:45 PM	O	Al-Anon Courage to Change (AL-ANON)	Living Room (House)
6:00 PM	7:30 PM	C	Survivors of Incest Anonymous (SIA) <i>Child within</i>	Room B (Grey Bldg)
6:00 PM	7:30 PM	O	Co-Dependents Anonymous (CoDA) <i>Women - Steps &amp; Healing</i>	Quiet Room (House-upstairs)
7:15PM	8:15 PM	O	Alcoholics Anonymous (AA) <i>Gay Men Interest in our Fellows</i>	Living Room (House)
7:30 PM	8:30 PM	O	Sex and Love Addicts Anonymous (SLAA)	Den (House)
7:00 PM	8:30PM	C	Adult Children of Alcoholics (ACoA)	Room A (Grey Bldg)
8:00 PM	9:00 PM	O	Workaholics Anonymous (WA) <b>1st &amp; 3rd Thurs. 7-7:50pm Step Study</b>	Serenity Room (Grey Bldg)
8:00 PM	9:15 PM	O	LifeRing Secular Recovery (LSR)	Quiet Room (House-upstairs)
<b>Friday</b>				
12:00 PM	1:45 PM	O	FREE/ANONYMOUS HIV TESTING – 2 <sup>nd</sup> & 4 <sup>th</sup> Fridays	Room B (Grey Bldg)
12:00 PM	1:00 PM	O	Sex & Love Addicts Anonymous (SLAA)	Den ( House)
12:00 PM	1:00 PM	O	Sex Addicts Anonymous (SAA) <i>Mixed Format</i>	Living Room ( House)
3:00 PM	5:00 PM	O	Self Guided Meditation Tapes Available	Quiet Room (House– Upstairs)
6:00 PM	7:00 PM	O	Overeaters Anonymous (Ebony) <i>Recovery Focused</i>	Room A (Grey Bldg)
6:00 PM	7:00 PM	O	Alcoholics Anonymous (AA) <i>Workenders</i>	Living Room (House)
7:00 PM	8:00 PM	O	Friday Evening Meditation	Quiet Room (House)
6:00 PM	7:15 PM	O	Co-Dependents Anonymous (CoDA)	Serenity Room (Grey Building)
6:30 PM	7:30 PM	C	Co-Sex Addicts Anonymous (COSA)	Den ( House Upstairs)
7:30 PM	9:00 PM	C	Sex & Love Addicts Anonymous (SLAA) <i>Fantasy &amp; Intrigue</i>	Living Room (House)
<b>Saturday</b>				
8:00 AM	9:00 AM	O	Sex and Love Addicts Anonymous SLAA <i>Men only</i>	Living Room (House)
9:00 AM	10:00 AM	C	Sex and Love Addicts Anonymous (SLAA) <i>Fantasy &amp; Intrigue MEN ONLY</i>	Serenity Room (House)
9:30 AM	10:30 AM	O	AA Sober 51/50's #2 (AA)	Living Room (House)
10:00 AM	11:00 AM	O	Workaholics Anonymous	Room A (Grey Bldg)
10:00 AM	11:00 AM	O	Workaholics Anonymous	Room A
10:00AM	11:00 AM	O	Sex and Love Addicts Anonymous (SLAA) <i>Women Only</i>	Den (House-Upstairs)
11:00 AM	12:00 PM	O	Alcoholics Anonymous (AA) <i>Dr. Bob's Nightmare Young Men</i>	Living Room (House)
11:30 AM	12:45 PM	O	Debtors Anonymous (DA)	Den (House)
1:30 PM	3:00 PM	O	Recovery Inc.	Serenity Room (Grey Bldg)
3:00 PM	4:00 PM	C	Alcoholics Anonymous (AA) <i>Walk the Talk</i>	Den ( House-up stairs)
6:30 PM	8:00 PM	C	Marijuana Anonymous (MA)	Living Room (House)
6:30 PM	7:30 PM	C	Sex & Love Addicts Anonymous (SLAA) <i>People of Color</i>	Serenity Room (Grey Bldg)

**12-Step Meeting Central Offices or Recorded Message Lines**

(AA) Alcoholics Anonymous (East Bay)	www.eastbayaa.org	510-839-8900
(AA) Alcoholics Anonymous (San Francisco)		415-674-1821
Al-Anon/Alateen/ACA (Oakland)	www.ncwsa.org.	510-276-2270
Al-Anon/Alateen/ACA (Berkeley)		510-528-4379
Anorexics & Bulimics Anonymous (ABA)	www.anorexicsandbulimicsanonymousaba.com	415-821-6155
(CA) Cocaine Anonymous	www.ca.org.	415-905-6331
(CoDA) Co-Dependents Anonymous	coda.org.	763-537-6940
(CoSA) Co-Sex Addicts Anonymous.	www.cosa-recovery.org	
Clutterers Anonymous	www.clutterersanonymous.net	
Crystal Meth Anonymous (CMA)	www.bayareacma.org www.crystalmeth.org	415-522-9099
(DA) Debtors Anonymous, Bay Area		1-877-883-2332
(DRA) Dual Recovery Anonymous World Service		
(EDA) Eating Disorders Anonymous	.www.eatingdisordersanonmous.org	
(EA) Emotions Anonymous	emotionsanonymous.org	(510) 893-5444
Family Paths (Parental Stress Services) 24 hour Support Family Support		
Foster Parent Support		
(LAA) Love Addicts Anonymous - World Service	www.loveaddicts.org	510-654-1359
Food Addicts In Recovery Anonymous	www.foodaddicts.org	510-893-9266
(GA) Gamblers Anonymous also Gam-Anon.	gamblersanonymous.org	800--287-8670-(781) 932-6300
(MA) Marijuana Anonymous	marijuanaanonymous.org	(510) 287-8873
MARINA DOCK (various 12-step meetings) SF		((415) 567-1775
Nar-Anon	www.naranoncalifornia.org	510-496-2708
(NA) Narcotics Anonymous	norcalna.org	510-444-4673
Nicotine Anonymous (east/south bay)		408-236-2196
Nicotine Anonymous	nicotine-anonymous.org	415-995-1938
(OA) Overeaters Anonymous	www.oovereatersanonymous.org	888-410-1477
Pacific Center, Berkeley (various 12-step meetings)		510-548-8283
Ritualistic Abuse, Mind Control & Torture, Survivor Support	www.survivorship.org	510-663-2312
Recovering Couples Anonymous (RCA)	www.recovering-couples.org	925-945-7871
Self-Injury support.	www.selfmutilatorsanonymous.org	415-364-1402
Sexaholics Anonymous (SA)		415-364-1402
Sex Addicts Anonymous (SAA)		510-869-4884
S-Anon, Northern California		415-979-4715
(SLAA) Sex & Love Addicts Anonymous		510-481-8645
(SIA) Survivors of Incest./Childhood Sexual Abuse.	www.siaawso.org www.ascasupport.org	
(WA) Workaholics Anonymous	workaholics-anonymous.org	

**Other or Non-12-Step Support Organizations**

Hep C Support Group,.... Second Chance, Ashland		800 300 CURE
LifeRing Secular Recovery (LRS)	unhooked.com	510-482-5808
Rational Recovery	recovery.org	408-739-7230
Recovery Inc. (Self-help mental health)	www.recovery-inc.com	415-673-2848
S.M.A.R.T. Recovery (South Bay)	smartrecovery.org	415-928-4576
S.M.A.R.T Recovery (San Francisco)	smartrecovery.org	
Adult Survivors Of Child Abuse	www.ascasupport	

**Referral Services**

Alameda County Vocational Program		510-383-1600
Eden Community Housing & Information Network		510-537-2552
CitiLine Info. Service (Oakland) (citizen-advocate for gov't. problems))		510-444-2489
HELPLINK (counseling referrals)		510-536-4760
Latino Commission on AOD Treatment (Spanish speaking)		800-273-6222
The Low Fee Referral Network (Counseling referrals)		510-433-9499
Shelter Against Violent Environments (SAVE)		510-794-6055
Travelers' Aid Society Referral Resources shelters)		510-444-6834
Women, Inc. Domestic Violence Victims, Housing & Legal Advice		415-864-4722
ALAMEDA FAMILY SERVICES (Alameda) Anger Management, Outpatient, Infant Program..		510-522-8363
24 Hour Family Support and Resource Line		800-829-3777
Life Long Medical Care-Berkeley		510-280-6081
Life Long Medical -East Oakland		510 563-4300

**Crisis Lines, Emergency, and Other Numbers**

CHERRY HILL DE TOX - Non Medical 3-day (72 hours) to 5-day (120)		866-866-7496
Co-Ed Detoxification Unit—San Leandro Crisis Line		800-309-2131
ACCESS		800-491-9099
Crisis Support Services GRIEF COUNSELING & SENIOR COUNSELING		800-260-0094
A Safe Place (Battered Women) Crisis Line (Oakland)		510-536-7233
Bay Area Women Against Rape, BAWAR, (services for MEN, too) CRISIS LINE		510-845-7273
Marin Men's Project – Support Groups for Men Overcoming Violence		415-924-1070
STAND AGAINST DOMESTIC VIOLENCE (Contra Costa County)		888-215-5555
Tri-Valley Haven – Rape Crisis Center (Livermore)		510-465-1800
24-Hour Crisis Line		925-449-5845
Support groups / Classes for Men Overcoming Violence		925-449-5842
Women Inc. Domestic Violence Hot Line		415-864-4722