



# Weekly Recovery Meeting Schedule



SUN	MON	TUES	WED	THURS	FRI	SAT
7am	7 UP - AA OD : Meets Every Day 7-8 am					
9:45 Beginner ALANON OD						
ALANON 10:30 OD		ALANON Noon Step		ALANON Noon OD	Noon SASTO AA OD	
3:00 Double Trouble						2:30 AA OD Beginners
The Five - AA OD : Meets Every Day 5-6 pm						
			5:00 ACOA (Upstairs)	5:00 ALANON & ALATEEN (Both Upstairs)		
6:30 11 <sup>th</sup> Step Meditation	6:30 Recovery Dharma	7:00 AA OD Men's Mtg	6:30 AA OD Women's Mtg	6:30 3 <sup>rd</sup> Thurs Acupuncture		

- AA OD : Alcoholics Anonymous Open Discussion Meeting.
- Double Trouble : Meetings for those Dually Diagnosed
- AA Big Book : Alcoholics Anonymous Big Book Group Study.
- AA OD Men's Meeting : AA group for Men's discussions.
- AA OD Women's Meeting : AA group for Women's discussions.
- 11<sup>th</sup> Step Mediation : AA Meeting focusing on 11<sup>th</sup> Step.
- AA OD Beginners : AA Meeting for people in early recovery.
- ACOA : Adult Children of Alcoholics
- Acupuncture & Guided Meditation : 3<sup>rd</sup> Thurs (Women only)
- Recovery Dharma : Recovery based on Buddhist teachings.
- ALANON OD : ALANON Open Discussion Meeting.
- ALANON Step : ALANON 12 Step Study Meeting
- ALATEEN : For teenagers affected by another's addiction.
- ALANON Beginners : For anyone new to the ALANON program.



Daily AA Meetings @ The Pause

