



**SELF- HELP RECOVERY GROUPS
AT KAISER OAKLAND CDRP
969 Broadway, Oakland, CA**

The groups below are independent from the Kaiser Permanente CDRP Program. You do not need to be a Kaiser member to attend these groups. They are free and open to anyone wishing to recover from substance abuse or codependency.

MONDAYS:	Cocaine Anonymous	12:30PM – 1:30PM	Group Room 5
	Marijuana Anonymous	6:45PM – 8:00PM	Group Room 8
TUESDAYS:	Narcotics Anonymous	6:45PM – 8:00PM	Group Room 7
	Life Ring Secular Recovery	6:35PM – 7:35PM	Group Room 5
	CoDa	9:30AM-10:30AM	Group Room 8
WEDNESDAYS:	Life Ring Secular Recovery	12:30PM – 1:30PM	Group Room 5
	Narcotics Anonymous Spanish	6:45PM – 8:00PM	Group Room 9
	Crystal Meth Anonymous	7:00PM – 8:00PM	Group Room 5
THURSDAYS:	CoDa	9:30AM-10:30AM	Group Room 8
	Smart Recovery	12:15PM-1:15PM	Group Room 7
	Life Ring Secular Recovery	6:30PM – 7:30PM	Group Room 9
FRIDAYS:	Alcoholics Anonymous	12:30PM – 1:30PM	Group Room 5
	Crystal Meth Anonymous	7:00PM – 8:00PM	Group Room 5
	Freedom from Tobacco	12:30PM – 1:30PM	Group Room 9
SATURDAYS:	Life Ring Secular Recovery	10:00AM – 11:00AM	Group Room 7
	Alcoholics Anonymous	10:00AM – 11:00AM	Group Room 5
	Al-Anon “Guiding Hands”	10:00AM – 11:00AM	Group Room 4