



UNIVERSITY HEALTH SERVICES *Tang Center*
People. Campus. Community.

Support Group Meetings Near or In Berkeley 2019
(Websites on Back)

Monday	Al-Anon (We Are Family)	The Pacific Center, 2712 Telegraph Ave	7:00 pm	
	Alcoholics Anonymous (Noonie Tooners Grp)	YWCA, Main Lounge, 2600 Bancroft Way at Bowditch	12:10 pm	
	Alcoholic Anonymous (Drunks-R-Us)	Northbrae Community Church, 941 The Alameda	6:00 pm	
	LifeRing Secular Recovery	Herrick Hospital, 2001 Dwight Way, Basement Level A	8:00 pm	
	Nar-Anon	Alta Bate Summit Med. Center Rm 1776, 350 Hawthorne Ave. Oakland	7:30 pm	
	Narcotics Anonymous (The Nooners)	Lutheran Church of the Cross, 1744 University Ave.	12:00 pm	
	Overeaters Anonymous (Varies)	Epworth UMC, 1953 Hopkins St	7:00 am	
Tuesday	Adult Children of Alcoholics (ACA)	St. Johns Presbyterian Church, 2727 College Ave., 2 nd floor	7:00 pm	
	Alcoholics Anonymous (Living Sober)	Berkeley Fellowship, 1027 University Ave	7:00 am	
	Alcoholics Anonymous	Berkeley Fellowship, 1027 University Ave	5:15 pm	
	CoDA	Kaiser Fabiola Building, Room G70. 3801 Howe St	6:00 pm	
	Food Addicts in Recovery	St. Columba Catholic Church, 6401 San Pablo Ave., Oakland	7:15 am	
	Moderation Management	315 Broadway, Second floor, Oakland	6:30 pm	
	Narcotics Anonymous (The Nooners)	Lutheran Church of the Cross, 1744 university Ave	12:00 pm	
	Narcotics Anonymous (11 th Step Meditation)	7 th Day Adventist Church	7:00 pm	
	Narcotics Anonymous (Candle Light)	Lutheran Church of the Cross, 1744 university Ave	8:00 pm	
	Overeaters Anonymous (Steps & Traditions)	Epworth UMC, 1953 Hopkins St	7:00 am	
	Wednesday	Alcoholics Anonymous (Speaker/Discussion)	Berkeley Fellowship, 1027 University Ave	5:15 pm
		Alcoholics Anonymous (Drunk-R-Us)	Northbrae Community Church, 941 The Alameda	6:00 pm
		Alcoholics Anonymous (Wild Bunch)	Lutheran Church of the Cross (rm 210), 1744 University Ave	8:00 pm
Marijuana Anonymous		Good Shepherd Episcopal church, 1823 9 th St	6:15 pm	
Narcotics Anonymous (The Nooners)		Lutheran Church of the Cross, 1744 University Ave., K Hall	12:00 pm	
Narcotics Anonymous (Men In Recovery)		Unitarian Universalist Church, 1606 Bonita (At Cedar St.)	7:00 pm	
Narcotics Anonymous (Recovery on Campus)		475 Barrows Hall (4 th floor), UC Berkeley Campus	7:30 pm	
Overeaters Anonymous (Acceptance)		Epworth UMC, 1953 Hopkins St	7:00 am	
Thursday	Adult Children of Alcoholics (ACA)	Kaiser Hospital, Lower Level Conf Room LL-C, 275 W. MacArthur Blvd or 3600 Broadway	7:00 pm	
	Al-Anon (Old Timers)	St. Johns Presbyterian Church, 2727 College Ave., Room 212	7:30 pm	
	Alcoholics Anonymous (Meditation/Discussion)	Berkeley Fellowship, 1027 University Ave	12:00 pm	
	Alcoholics Anonymous (Big Book Study)	Berkeley Fellowship, 1027 University Ave	5:15 pm	
	Food Addicts in Recovery	St. John's Presbyterian Church, 2727 College Ave.,	8:30 am	
	Narcotics Anonymous (The Nooners)	Lutheran Church of the Cross, 1744 University Ave, K Hall	12:00 pm	
	Narcotics Anonymous (Hakuna Matata)	Lutheran Church of the Cross, 1744 University Ave	7:30 pm	
	Overeaters Anonymous (Tools)	Epworth UMC, 1953 Hopkins St	7:00 am	
	Friday	Al-Anon (Friday Night Faith & Fellowship)	Northbrae Community Church, 941 The Alameda, 94707	6:00 pm
		Alcoholics Anonymous (Noonie Tooners Grp)	YWCA, Main Lounge, 2600 Bancroft Way	12:10 pm
Alcoholics Anonymous (The First Step Grp)		All Souls Episc Parish, 2220 Cedar St	6:30 pm	
Alcoholics Anonymous (Open Door Group)		Newman Hall, 2700 Dwight Way	7:30 pm	
CoDA		Kaiser Fabiola Building, Room G70. 3801 Howe St	6:00 pm	
Narcotics Anonymous (Women's Meeting)		Good Shepherd Episcopal church, 1823 9 th St	7:00 pm	
Overeaters Anonymous (Food Relationship & Body)		Newman Hall, 2700 Dwight Way	12:10 pm	
Saturday	Adult Children of Alcoholics (ACA)	Alcatraz and Shattuck, 94609	12:00 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, 1027 University Ave	7:00 am	
	Alcoholics Anonymous (Women's/women)	Berkeley Fellowship, 1027 University Ave	4:00 pm	
	Alcoholics Anonymous (Living Sober)	Berkeley Fellowship, 1027 University Ave	5:15 pm	
	Food Addicts in Recovery	Good Shepherd Episcopal Church, 1823 Ninth St.	9:30 am	
	Nar-Anon	St. Paul's Episcopal Church, 116 Montecito Ave, Oakland	7:30 pm	
	Narcotics Anonymous (One Primary Purpose)	Lutheran Church of the Cross, 1744 University Ave. (At McGee)	7:00 pm	

	Nicotine Anonymous	Lutheran Church of the Cross, 1744 University Ave	2:00 pm
	Overeaters Anonymous (Newcomer's Mtg)	St Johns Presbyterian Church, 2727 College Ave., Room 212	8:30 am
Sunday	Alcoholics Anonymous	Berkeley Fellowship, 1027 University Ave	9:30 am
	Alcoholics Anonymous (Step Study)	Berkeley Fellowship, 1027 university Ave	7:00 pm
	Food Addicts in Recovery	Kaiser Hospital, Lower Level Rm A, 3600 Broadway	8:30 am
	Narcotics Anonymous (Ask-it-Basket)	Good Shepherd Episcopal Church, 1823 Ninth St.	6:30 pm

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.

Adult Children of Alcoholics (ACA) Twelve-step recovery program for men and women who grew up in alcoholic or otherwise dysfunctional homes.	562-595--7831 www.adultchildren.org
AI-Anon Twelve-step recovery program for relatives and friends affected by someone else's drinking.	510-528-4379 www.ncwsa.org
Alcoholics Anonymous Twelve-step recovery program for men and women recovering from alcoholism.	510-839-8900 (central office and 24-hr. hotline) centraloffice@eastbayaa.org , http://www.eastbayaa.org
CODA (Co-dependents Anonymous) Twelve-step program of recovery from codependence.	415-905-6331 or 925-683-8612 www.coda.org www.sfbaycoda.net
Food Addicts in Recovery 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 www.foodaddicts.org
Gamblers Anonymous Twelve-step fellowship of men and women who share their experience, strength and hope to help recover from a gambling problem.	855-222-5542 (N. Ca Hotline) www.gamblersanonymous.org
LifeRing An alcohol and drug peer support program, from a secular perspective. Non-twelve-step based program.	510-763-0779 www.lifering.org
Marijuana Anonymous/MA World Services Twelve-step recovery program for men and women recovering from marijuana addiction.	800-766-6779 www.marijuana-anonymous.org 510-957-8390
Moderation Management A behavioral change program and national support group network for people moderate their alcohol.	http://www.moderation.org/
Nar-anon Twelve-step fellowship for the family and friends of drug addicts.	800-477-6291 (Family Group Headquarters) www.naranoncalifornia.org
Narcotics Anonymous Twelve-step recovery program for men and women recovering from drug addiction.	510-444-hope www.naalamedacounty.org
Nicotine Anonymous Twelve-step program to help people live their lives free of nicotine.	415-995-1938 www.nicotine-anonymous.org
On-Line Gamers Anonymous Self-help fellowship assist in recovery from excessive game playing, whether it be computer, video, console, or on-line.	612-245-1115 (Hotline) www.olganon.org
Overeaters Anonymous Twelve-step program to help people solve a common problem – compulsive overeating, which includes obesity, anorexia and bulimia.	510-923-9491 http://www.eastbayoa.org/
Sex Addicts Anonymous Twelve-step program to help people recover from obsession with sex and compulsive sexual behavior.	800-477-8191 www.saa-recovery.org
Sex & Love Addicts Anonymous 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 www.slaa-sfeb.org
Smart Recovery (Self-Management And Recovery Training) Self-empowering, science-based, face-to-face and online support groups for recovery from addiction to substances and behaviors.	855-832-5872 http://www.smartrecovery.org/
St. John's Presbyterian 2727 College Ave., Berkeley, CA 94705	510-845-6830 http://www.stjohnsberkeley.org/
The other Bar: Supporting Recovery in the Legal Community	800-222-0767 http://www.otherbar.org/ 24 Hour Hot Line