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**Torrance Office**

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**Redondo Beach Office**

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Michael Rogachevsky, M.D.

**Comprehensive Psychological  
and Psychiatric Services for  
individuals, families, couples,  
and groups, treating:**

anxiety  
depression  
relationship conflicts  
medical evaluation  
medication management

**Addiction Disorders**

drug & alcohol dependency  
sexual/internet addiction  
compulsive gambling  
eating disorders  
relapse prevention  
impaired professionals  
adults & adolescents

**Behavioral Medicine**

pain management  
stress management  
relaxation training  
self hypnosis  
chronic illness

**Threat Assessment**

workplace violence evaluation  
violence prevention consultation  
fitness for duty evaluation  
critical incident debriefing  
anger management

**Performance Enhancement**

sports psychology  
executive coaching

**Al-Anon**

888-684-6444 or 213-387-3518 National Al-Anon Center  
818-760-7122 Al-Anon Los Angeles County

**Meeting**

**MONDAY**

Rolling Hills 10:00 a.m.  
step study, traditions study, handicap accessible, Presbyterian  
Church, 26825 Rolling Hills Road  
Torrance 7:30 p.m.  
step study, handicap accessible, St. Andrew's Episcopal Church,  
downstairs, 1432 Enracia Ave.

**TUESDAY**

El Segundo 7:30 p.m.  
Mens stag, Church/school, (room 8), 1701 Laurel  
Manhattan Beach 7:30 p.m.  
handicap accessible, American Martyrs Church, 624 15<sup>th</sup> St.  
San Pedro 7:00-8:30 p.m.  
(Women's Meetings)  
Held at Little Company of Mary-San Pedro Hospital  
The Outpatient Bldg-4-West Conference room, 621 Buffe St.  
Torrance 7:30 p.m.  
handicap accessible, Del Amo Hospital, auditorium, 23700  
Camino del Sol,  
Torrance 7:00 p.m.  
(Spanish Alanon)  
Held at First Methodist Church, 1551 El Prado, Torrance  
Saint Peters Presbyterian Church-Rancho Palos Verdes

## WEDNESDAY

Palos Verdes 10:00 a.m., 9:30 a.m.-beginners group  
Mary and Joseph Retreat Center, 5300 Crest Road,

## THURSDAY

Palos Verdes 7:30 p.m.  
Mary and Joseph Retreat Center, 5300 Crest Road,

## SATURDAY

Hermosa Beach 10:00 a.m.  
St. Cross Episcopal Church, 1818 Monterey Blvd., room 9

Torrance 9:00 a.m.  
Church (Evangelical) on Newton, 1 block East of Hawthorne,

Torrance 9:00 a.m.  
concurrent Al-Anon and Alateen meeting, younger members, babysitting  
Walteria United Methodist Church, 3646 Newton,

## SUNDAY,

Redondo Beach 7:00 p.m.,  
AA/Al Anon couples meetings  
Episcopal Church on Broadway (several doors south of Pearl, steps away of office  
at 423 S. PCH)

## **Bibliography-Al-Anon**

How Al-Anon Works For Families of Alcoholics: Al-Anon Family Group Headquarters, Inc.

One Day at a Time in Al-Anon: Al-Anon Family Group Headquarters, Inc.