

CODA

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(602) 277-7991

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NATIONAL CoDA: 24-hour, 7-day a week live operator gives meeting information.

Los Angeles CoDA 24-Hour Automated Meeting Information and Message Line

Redondo Beach Office

Robert Cutrow, Ph.D.
Phyllis Dworsky, Ph.D.
Charles Eckstein, MFT
Alan Lert, Ph.D.
Angela Kappner, LCSW
Michael Rogachevsky, M.D.

323-969-4995 CoDependents Anonymous (CoDA) Los Angeles

Meetings

Meetings last 1-1/2 hours unless otherwise noted.

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

bk = Book Study sh = Sharing
st = Step Study t= topic
q&a = Questions & Answers
X = Cross Street

sp = Speaker
wr = Writing
mhp = Mental Health Practitioners
w/c - Wheelchair Access

SUNDAY

Santa Monica 9:30 A.M.

On the beach at foot of Ocean Park Blvd. near lifeguard Station #26

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela, Brown Bag

(Lunch)

Long Beach 3:00 P.M.

Marina Pacifica Group, 6376 E. Pacific Coast Highway, Underneath Pier 1

Los Angeles 6:00 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela wr/sh CoDA

Book Study, Wr, Child Care

MONDAY

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela, Brown Bag (Lunch)

Santa Monica 4:00 P.M.

Center for Healthy Aging, 2125 Arizona Ave, X-22nd St. sh/st All Welcome,
Park in lot on 22nd

Los Angeles 7:30 P.M.

Hollywood Lutheran Church, 1733 N. New Hampshire Ave, Chapel Room sh
Men's Meeting

Hermosa Beach 7:30 P.M.

1818 Monterey Blvd Room 9 Back Bldg, Upstairs sp/wr/sh Co-Ed Meeting

Los Angeles 8:00 P.M.

5521 Grosvenor, Unity Rm., X-Jefferson & Centinela sp/sh/st Candlelight, Step
Study 1st Mon

TUESDAY

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela sh Brown Bag (Lunch)

Los Angeles 7:00 P.M.

St. Bernard Ch, 2515 W Ave 33, Pastoral Ctr, St Jude Rm, X-Verdugo sh/t Open,
Spanish, Contact: 323-227-9168

Los Angeles 7:15 P.M.

Cedars-Sinai Medical Center, 8730 Alden Driv, Rm. E-239 st/sp/sh

Long Beach 7:30 P.M.

Belmont Heights Untd Meth Ch, 317 Termino Ave, X-3rd wr/sh HEALING
JOURNEY

Los Angeles 7:30 P.M.

5521 Grosvenor, Tranquility Room, X-Jefferson & Centinela st/wr/sh Women's
Meeting

Los Angeles 8:00 P.M.

The Village at Ed Gould Plaza, 1125 N McCadden Pl, X-Santa Monica sp/sh/chip
Gay & Lesbian

WEDNESDAY

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela st/sh Brown Bag
(Lunch)

Downey 7:00 P.M.

Kaiser Med Ctr, 9449 E. Imperial Hwy, Building C, 3rd floor, Room 33 sh/st/(sp)
Step Study (Speaker 4th Wed)

Los Angeles 7:30 P.M.

CA Immanuel Presbyterian Church, 3300 Wilshire Blvd, Rm PSW/SFS ClassB st
Steps, Traditions, Boundaries Study

Santa Monica 7:30 P.M.

Christian Institute, 1308 2nd St., X-Arizona, enter thru alley sp/sh/st Step Meeting

THURSDAY

Palos Verdes 8:00 A.M.

For location, call (310) 546-2770 wr/sh/mhp

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela sh Brown Bag,
(Lunch), 1Hr

Downey 7:00 P.M.

Kaiser Med Ctr, 9449 E. Imperial Hwy, Building C, 3rd floor, Room 33 sh/st
Spanish, Step Study

Los Angeles 7:30 P.M.

Mt. Hollywood Cong. Church 4607 Prospect Av, Hunter Rm, X-Rodney sh/sp
Meditation,(Contact Ph: 310.949.9252)

Los Angeles 7:30 P.M.

First United Meth Ch, 1637 Butler Ave, Rm 105, X-Santa Monica Blvd sp/sh Self
Esteem/Accept

San Pedro 7:30 P.M.

Little Co. of Mary/San Pedro Hosp, 1300 W 7th St, 5 Floor Conf Rm st/sh No
Children (5 West Conf Rm)

FRIDAY

Santa Monica 7:30 A.M.

Wild Oats Market Upstairs, 500 Wilshire Blvd (at 5th) sh AA Book Study &
Share (1hr)

Los Angeles 12:30 P.M.

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela sh Brown Bag (Lunch)

Westwood 7:00 P.M.

Westwood United Methodist Church, 10497 Wilshire Blvd., X-Warner st/wr/sh
Coed

Torrance 7:00 P.M.

Del Amo Hospital, 23700 Camino del Sol (ask at sign-in desk for meeting room)
wr/sh Women's Meeting, Book Study

Westchester 7:30 P.M.

7300 W Manchester Ave, Rm 11, X-Rayford Dr sp/sh Living in the Solution

SATURDAY

Culver City 10:00 A.M.

NEW Veterans Memorial Complex, 4117 Overland Ave. "Uruapan" Room
bk/sh/sp/q&a Newcomers AA Book Study

Los Angeles 10:00 A.M.

Fam Ctr 11313 Washington Blvd, Big Rm, X Sawtelle bk/sh Meditation, Book
Study

Westchester 10:00 A.M.

7300 W Manchester Ave, Mayflower Rm, sp/sh/q&a Newcomers

Los Angeles 12:30 P.M

5521 Grosvenor, Serenity Room, X-Jefferson & Centinela sh Brown Bag (Lunch)

Los Angeles 4:00 P.M.

Kaiser Permanente, 4700 Sunset Blvd. 12 Step Meeting Room 1A bk/sh/sp

Healing the Wounds

Carson 6:00 P.M.

Kaiser Chemical Dependency Building, 23621 S. Main St., Rm A st/sh/wr/sp

LACoDA Business Meeting Second Saturday of Month, 10:00-11:45 AM, 5521

Grosvenor Blvd, Serenity Room

Literature sold immediately after the meeting (literature@lacoda.org or 323-969-4995)

L.A. CoDA / LACoDA (323) 969-4995: Meeting Information / Call-Back Requests /
Messages for LACoDA

P.O. Box 90453

Los Angeles, CA 90009-0453

Online / Internet (Meeting Lists, Telephone Numbers, E-mail Addresses, Events, and
More)

LACoDA: <http://www.lacoda.org> National: <http://www.coda.org>

Fellowship Services Office National 24 hour live meeting information: (602) 277-7991

P.O. Box 33577 Fax (602) 274-6111 Messages (602) 277-7991

Phoenix, AZ 85067-3577

Other CoDA Organizations in the southland:

Orange County: (714) 573-0174

Valleys Office (TVCC) (includes Ventura county): (818) 379-3300

Palm Springs (760) 779-8878

Desert CoDA Community Group: (760) 798-8878

San Diego: (619) 222-1244

For additions/changes to this meeting list: meetings@lacoda.org, 323-969-4995. Deadline
for additions/changes: 3rd Monday of the month.

Bibliography- CoDA

A Recovery Workbook for Facing Codependency: R. Mellody, A. Miller, 1989.

Beyond Codependency and Getting Better all the Time: Melody Beattie, Hazelden

Beyond the Booze Battle: R. Maxwell, Ballantine Books, 1986.

Choice Making:

Codependent No More: Melody Beattie, Hazelden

Codependent Guide to the Twelve Steps: Melody Beattie, Simon & Schuster

Do I have to Give Up Being Me To Be Loved By You?: M. Paul

Facing Co-Dependency: P. Mellody

It Will Never Happen To Me: Claudia Black

The Enabler: A. Miller, 1988.

When Society Becomes an Addict: A. Schaef, 1987.

Women Who Love Too Much: R. Norwood

