

OC Mental Health Client Support Groups

Sunday	2:00 PM	La Mirada	Emotions Anonymous
Monday	10:30 AM	Lake Forest	Recovery, Inc.
	noon	Santa Ana	Dual Recovery Anonymous
	3:30 PM	Orange	Emotions Anonymous
Tuesday	2:00 PM	Orange	Recovery, Inc.
	7:00 PM	Orange	Depression/Bipolar Support Alliance
	7:00 PM	Fountain Valley	Emotions Anonymous
	7:00 PM	Fullerton	Depression/Bipolar Support Alliance
	7:30 PM	Anaheim	Emotions Anonymous
	7:30 PM	Anaheim Hills	Dual Recovery Anonymous
Wednesday	6:00 PM	Anaheim	Dan Sfera, 714-318-5394
	7:15 PM	Costa Mesa	Dual Recovery Anonymous
	7:30 PM	Costa Mesa	Recovery, Inc.
	7:30 PM	Tustin	Emotions Anonymous
Thursday	noon	Fullerton	Recovery, Inc.
	7:00 PM	Costa Mesa	The Comfort Zone
	7:00 PM	Laguna Beach	Depression/Bipolar Support Alliance
	7:30 PM	La Mirada	Emotions Anonymous
Friday	10:00 AM	Anaheim	Emotions Anonymous
	6:00 PM	Laguna Beach	Dual Recovery Anonymous
	7:30 PM	Santa Ana	Dual Recovery Anonymous
Saturday	10:00 AM	Orange	Depression/Bipolar Support Alliance
	10:00 AM	Huntington Beach	Depression/Bipolar Support Alliance
www.hugs-oc.com			general OC mental health info
www.emotionsanonymous.org			Emotions Anonymous national website
www.recovery-inc.org			Recovery, Inc. national website
www.dbsalliance.org			Depression/Bipolar national website
www.angelfire.com/ca/DMDAOC			OC Depression/Bipolar website
www.draonline.org			Dual Recovery Anonymous National website