

E ENCOUNTER

SUPPORT GROUPS

We offer a variety of support groups throughout the year. Whether you are coping with chronic illness, an addiction, divorce or the loss of a loved one, you will find compassionate care in one of these groups.

GriefShare is a 14-week class with a trained grief counselor and a few others who are journeying through the loss of a loved one. **Grief Coaching** involves one-on-one support, understanding, care and comfort, tools for achieving joy and fulfillment, and vision for the future. For more information or for individual meetings, call Debi Dixon, Grief Coach, at (805) 766-4071.

COMMUNITY SUPPORT AND RECOVERY GROUPS

Monday:

5:30 pm	Men's Stage AA Group	Room 301
7:00 pm	Business Debtors Anonymous	Room 302
7:00 pm	Women's AA Discussion Group	Pavilion 2
7:00 pm	Overeaters Anonymous	Pavilion 1

Tuesday:

12 noon	Al Anon	Room 302
5:30 pm	Compulsive Eaters Anonymous	Pavilion 1
6:30 pm	Depression and Bipolar Support Group	Room 426
6:30 pm	N.A.M.I. (first & third Tuesdays) (support group for families dealing with mental illness)	Room 301
6:30 pm	SLAA (Augustine Fellowship)	Room 302

Wednesday:

8:45 am	TOPS	Room 301
12 noon	AA Noon Meeting	Room 301
12 noon	Overeaters Anonymous	Room 302
4:00 pm	Brain Injury Support Group	Room 301
	Brain Injury Caregiver's Support Group (second & fourth Wednesdays)	Room 302
6:00 pm	Overcomers Outreach (men in recovery from substance abuse)	Room 426

Thursday:

6:30 pm Celebrate Recovery The PLEX
This is a Christ-centered 12-step program with separate groups for men and women seeking recovery from their hurts, hang-ups, and habits. We have groups for substance abuse, codependency, eating disorders, anger, depression, anxiety, sexual brokenness and men's issues.

Friday:

12 noon AA Noon Meeting Room 301



CONTACT ENCOUNTER CARE MINISTRIES

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