

# Laramie Self-Help Schedules

## AA, NA, and Smart Recovery

### AA Group Schedules

#### Downtown Group

Place	Day	Time	Open/Closed	Topic
Laramie Civic Center 710 E. Garfield Room 260  **Birthday Celebration Last Sunday of Month, Noon Undine Park (800 S 7 <sup>th</sup> St) <i>Weather Permitting</i>  Or  Last Friday of month only Potluck: 6:30pm Birthday Meeting: 7:30pm	Sunday	10:30am	Closed	Discussion
	Monday	7:10am	Closed	Discussion
		Noon	Open	Discussion
		7:30pm	Closed	Discussion
	Tuesday	7:10am	Closed	Discussion
		Noon	Closed	Discussion
		5:30pm	Open	Newcomers Meeting
		7:30pm	Open	12x12 Study
	Wednesday	7:10am	Closed	Discussion
		Noon	Open	Discussion
		6:10pm	Open	11 <sup>th</sup> Step Mediation Meeting
		7:30pm	Closed	Discussion
	Thursday	7:10am	Closed	Discussion
		Noon	Closed	Discussion
		5:30pm	Open	Newcomers Meeting
		7:30pm	Open	Big Book Study
Friday	7:10am	Closed	Discussion	
	Noon	Open	Discussion	
	7:30pm	Open	Discussion	
Saturday	Noon	Closed	Discussion <b>MASKS REQUIRED</b>	

#### Fellowship Group

Place	Day	Time	Open/Closed	Topic
Sherwood Room Hunter Hall 104 S. 4 <sup>th</sup> Street Enter south-facing red door Room is upstairs	Sunday	7:00pm	Closed	Topic Discussion  Candlelight

#### Struggling Men's Group

Place	Day	Time	Open/Closed	Topic
First Christian Church 2130 Garfield	Saturday	10:30am	Open	Topic Discussion

### Laramie NA Group Schedule

Place	Day	Time	Open/Closed	Topic
	Sunday	7:00pm – 8:00pm	Closed	Basic Text, Discussion
	Monday	7:00pm – 8:00pm	Open	Discussion

United Methodist Church 1215 East Gibbon Street Room 116	Tuesday	7:00pm – 8:00pm	Open	Discussion
	Wednesday	7:00pm – 8:00pm	Open	Discussion, It Works How & Why Study, Step Study
	Thursday	7:00pm – 8:00pm	Closed	Discussion
	Friday	8:00pm – 9:00pm	Open	Discussion, Candlelight
	Saturday	7:00pm – 8:00pm		Discussion

### Laramie Smart Recovery Group Schedule

Place	Day	Time	Open/Closed	Topic
Hunter Hall at St. Matthews Cathedral 104 S. 4 <sup>th</sup> Street <i>(Enter through 4<sup>th</sup> St. door, go downstairs, first door on right)</i>	Sunday	6:00pm – 7:00pm		
	Wednesday	6:00pm – 7:00pm		

### ACCSTP Online Self-Helps

Place	Day	Time	Type of Meeting
Online <i>See below</i>	Tuesday	7:30pm – 8:30pm	Smart Recovery
	Friday	3:00pm – 4:00pm	A general self-help meeting
Link:	<a href="https://www.gotomeet.me/TaylorJarnagin/cst-self-help-meeting-room">https://www.gotomeet.me/TaylorJarnagin/cst-self-help-meeting-room</a>		
Dial In Number:	872-240-3412		
Access Code:	532-962-845		