

SUBSTANCE USE (ALCOHOL OR OTHER DRUGS)

Alcohol

Signs of Intoxication: inappropriate sexual or aggressive behaviors; impaired judgment; slurred speech; incoordination; unsteady gait; involuntary, rhythmic movement of the eyes; impaired attention or memory; stupor; coma.

Signs of Withdrawal: sweating; tachycardia (rapid heart beat); hand tremor; insomnia; nausea or vomiting; transient illusions or hallucinations; anxiety; psychomotor agitation; grand mal seizures; delirium tremors (DT's).

Amphetamines/Cocaine

Signs of Intoxication: euphoria; anxiety; hyperactivity; grandiosity; confusion; anger; paranoia; auditory hallucinations; tachycardia; elevated or lowered blood pressure; dilated pupils; perspiration or chills; nausea or vomiting; weight loss; psychomotor agitation; muscular weakness; confusion; seizures.

Signs of Withdrawal: dysphoric mood; fatigue; vivid and unpleasant dreams; insomnia or hypersomnia; increased appetite; psychomotor agitation or retardation.

Caffeine

Signs of Intoxication: restlessness; nervousness; excitement; insomnia; flushed face; diuresis; gastrointestinal disturbance; muscle twitches; rambling flow of thought and speech; tachycardia or arrhythmia; periods of inexhaustibility; psychomotor agitation.

Cannabis

Signs of Intoxication: impaired motor coordination; euphoria; anxiety; sensation of slowed time; impaired judgment; social withdrawal; conjunctival injection (redness of the eyes); increased appetite; dry mouth; tachycardia.

Hallucinogens

Signs of Intoxication: perceptual changes; anxiety; depression; ideas of reference; paranoid ideation; pupillary dilation; tachycardia; sweating; palpitations; blurred vision; tremors; incoordination.

Opioids

Signs of Intoxication: initial euphoria followed by apathy or dysphoria; pupillary constriction; drowsiness or coma; slurred speech; impairment in attention and memory.

Signs of Withdrawal: dysphoric mood; nausea or vomiting; muscle aches; lacrimation or rhinorrhea (runny eyes & nose); pupillary dilation; diarrhea; yawning; fever; insomnia.

Other Important Facts/Considerations

12 Step Programs (AA, NA, etc.) are almost always part of addiction treatment and are based on a disease model (the idea that alcoholism is a disease that cannot be cured but only controlled).



Contra Costa County
Lawrence Center
180 Mayhew Way
Walnut Creek, CA 94598

Meeting Schedule

(925) 939-4155 HOTLINE

Fax: 939-7125 Office: 939-5371

b=babysitting B=Big Book c=closed D=Discussion
E=Español I=lesbian L=Literature
Med=Meditation G=Gay M=Men N=Newcomer SPK=Speaker
S=Step Study (w)=wheelchair access W=Women Y=Young

Sunday June 2017

6:30AM	CONCORD	D	1591 Broadway off Market St
7:00AM	LAFAYETTE	S	711 St Mary's Rd (Little League Hut)
	PLEASANT HILL	D	396 Civic (off Taylor) Believe in the Solution
8:00AM	CONCORD	D	1591 Broadway off Market St Gratitude Meeting
	WALNUT CREEK	D(w)	193 Mayhew Way (AA meeting room)
8:30AM	BRENTWOOD	S	8385 Brentwood Blvd., Suite B Step Study
	DANVILLE	D(w)	743 Diablo Blvd (Danville Grange Hall)
	EL SOBRANTE	D	5161 Sobrante Ave
	MARTINEZ	cd	600 Palm Avenue New address
9:00AM	ANTIOCH	LD	710 1st St (Waldi Plaza/Alano Club)
	SAN PABLO	LD	2426 Church Lane (Alano Club)
10:00AM	BETHEL ISLAND	D	3085 Stone Rd (BMD bldg) 1/2 blk off main rd
	EL SOBRANTE	W	5161 Sobrante Ave
	LAFAYETTE	cd	711 St Mary's Rd (Little League Hut)
	PLEASANT HILL	M	396 Civic (off Taylor) (90 min)
	WALNUT CREEK	D	1924 Trinity Ave (St Paul's)
11:00AM	SAN RAMON	D	6001 Norris Cyn Rd (Med Ctr-Blackhawk)
11:30AM	CONCORD	SPK	1591 Broadway off Market St
12:00PM	ANTIOCH	D(w)	3901 Lone Tree (Sutter Delta MedCtr) Educ Rm
	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	D	396 Civic (off Taylor)
2:00PM	CONCORD	DW	1591 Broadway off Market St
	PLEASANT HILL	D	396 Civic (off Taylor)
4:00PM	CONCORD	MD	1591 Broadway off Market St
	WALNUT CREEK	D	55 Eckley Ln (Mt Diablo Unitarian) Fireside Room
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
5:00PM	DANVILLE	cd	222 W El Pintado (Pres Church) Rm. 100
	MORAGA	cd	10 Moraga Valley Ln (Presb Ch Rm 212) FMC-212
	WALNUT CREEK	D(w)	193 Mayhew Way (AA meeting room)
5:30PM	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	D	396 Civic (off Taylor)
6:00PM	PLEASANT HILL	SPK	2275 Morello Ave (Hope Center)
6:30PM	BRENTWOOD	SW	50 Sand Creek, #140 (Open/Women)
	CONCORD	D	1591 Broadway off Market St
	PLEASANT HILL	cd	3051 Putnam Blvd (St. Mark's Ch.) St. Mark's Lutheran Church
7:00PM	CLAYTON	B	6055 Main St (Comm Outreach Office)
	CONCORD	D	2740 Grant St (CFR)
	SAN RAMON	L	6001 Norris Cyn Rd (Med Ctr-Blackhawk)
	WALNUT CREEK	S	1924 Trinity Ave (St Paul's) Fellowship House
	WALNUT CREEK	W(w)	193 Mayhew Way (AA meeting room)
7:30PM	ANTIOCH	D	1313 A St (Holy Rosary Church) Rectory Basement
	DISCOVERY BAY	MD	1900 Willow Lake Rd (Delta Presb Ch) trailer in back
	EL SOBRANTE	cd	5161 Sobrante Ave
	OAKLEY	D(w)	971 O'Hara Ave (St Anthony's) (trailer behind St Anthony's)
	PLEASANT HILL	D	396 Civic (off Taylor)
	WALNUT CREEK	cd	2100 Tice Valley (Grace Pres Church)
8:00PM	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 100
8:30PM	WALNUT CREEK	cd	193 Mayhew Way (AA meeting room)

Monday June 2017

6:00AM	LAFAYETTE	cd	711 St Mary's Rd (Little League Hut)
6:30AM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
7:00AM	PLEASANT HILL	B	396 Civic (off Taylor)
8:30AM	BRENTWOOD	L	8385 Brentwood Blvd., Suite B (Daily Reflections)
	EL SOBRANTE	D	5161 Sobrante Ave
9:00AM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
10:00AM	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
10:30AM	MARTINEZ	D	150 Muir Rd (VA Hospital) Rm B251
	ORINDA	cd	433 Moraga Way (Holy Shepherd)
	WALNUT CREEK	D(w)	193 Mayhew Way (AA meeting room)
12:00PM	CONCORD	D	1591 Broadway off Market St
	CONCORD	WD	3039 Willow Pass - Church rear entr
	EL SOBRANTE	S	5161 Sobrante Ave
	MARTINEZ	D	Court & Susana St (First Cong Ch) back of basement
	PLEASANT HILL	D	396 Civic (off Taylor)
	SAN RAMON	D	12501 Alcosta (Comm Ctr Rm.101)
	WALNUT CREEK	MD(b)	1543 Sunnysvale (United Methodist)
	WALNUT CREEK	DW(b)	1543 Sunnysvale (United Methodist) E1f 16/14
12:05PM	WALNUT CREEK	D	710 S. Broadway Rm 2M
12:35PM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B Ask It Basket
5:30PM	ALAMO	D	902 Danville Blvd (United Methodist #206)
	EL SOBRANTE	D	5161 Sobrante Ave
	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
	PLEASANT HILL	D	396 Civic (off Taylor)
	WALNUT CREEK	D	399 Wiget (St. Matthews)
6:00PM	CONCORD	cd	3039 Willow Pass - Church rear entr
	WALNUT CREEK	S	193 Mayhew Way (AA meeting room)
6:30PM	CONCORD	N	1591 Broadway off Market St
	CONCORD	LD	3950 Clayton Road Salvation Army
7:00PM	ANTIOCH	L	50 Walton Ln (Ch. on the Rock)
	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	BRENTWOOD	cd	8385 Brentwood Blvd., Suite B Men's Sponsorship
	CONCORD	S	3806 Clayton Rd
	LAFAYETTE	cd	711 St Mary's Rd (Little League Hut)
	RICHMOND	D	201 Martina St (First United Ch) First United Methodist Ch
	WALNUT CREEK	D(w)	1001 Golden Rain Rd House Vista Room
7:30PM	CLAYTON	D	1578 Kirker Pass (Presbyterian Ch)
	CONCORD	WD	3039 Willow Pass - Church rear entr

Monday June 2017

DANVILLE	cd	1550 Diablo Rd (St Timothy's) Youth Center	
DANVILLE	cd	3201 Camino Tassajara (Peace Lutheran)	
DANVILLE	DM	989 San Ramon Valley (Congr Ch)	
DISCOVERY BAY	D	1900 Willow Lake Rd (Delta Presb Ch) trailer in back	
EL SOBRANTE	cd	5161 Sobrante Ave	
ORINDA	cd	451 Moraga Way (St Mark's Ch)	
PLEASANT HILL	cd	396 Civic (off Taylor)	
WALNUT CREEK	cd	193 Mayhew Way (AA meeting room)	
7:45PM	LAFAYETTE	cd	955 Moraga Rd (Methodist Ch) Rm5 upstairs 1.25hrs
8:00PM	ALAMO	cd	1350 Danville Blvd (Creekside Ch)
	CROCKETT	D	800 Pomona St (St Marks Church) Birthdays Last Monday
	DUBLIN	SPK	8850 Davona Dr (St Phillips Ch) St Phillips Ch
	OAKLEY	D	971 O'Hara Ave (St Anthony's) (trailer behind St Anthony's)

Tuesday June 2017

6:00AM	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
6:30AM	CONCORD	S	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
7:00AM	PLEASANT HILL	L	396 Civic (off Taylor) Language of the Heart
8:30AM	ANTIOCH	D	5085 Lone Tree Way (Conf Rm) Daily Reflections
	BRENTWOOD	B	8385 Brentwood Blvd., Suite B
	EL SOBRANTE	D	5161 Sobrante Ave
9:00AM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
9:30AM	CONCORD	D	1591 Broadway off Market St
10:30AM	WALNUT CREEK	cd	193 Mayhew Way (AA meeting room) All Old-Timers May Participate.
11:00AM	DANVILLE	cd	3201 Camino Tassajara (Peace Lutheran)
12:00PM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D	5161 Sobrante Ave
	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
	MARTINEZ	WB	Court & Susana St (First Cong Ch)
	WALNUT CREEK	S	1543 Sunnysvale (United Methodist)
	WALNUT CREEK	D	399 Wiget (St. Matthews)
12:35PM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
5:30PM	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D	5161 Sobrante Ave
	MARTINEZ	cd	Court & Susana St (Church, Mayflower Rm)
	PLEASANT HILL	D	396 Civic (off Taylor)
	WALNUT CREEK	L(w)	193 Mayhew Way (AA meeting room)
6:00PM	DANVILLE	cd	989 San Ramon Valley (Congr Ch)
	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
6:30PM	CONCORD	D	1591 Broadway off Market St
7:00PM	ANTIOCH	D	10th & D St (Rivertown Resource Ctr)
	ANTIOCH	DW(w)	710 1st St (Waldi Plaza/Alano Club)
	BRENTWOOD	WB	8385 Brentwood Blvd., Suite B
	CONCORD	D	3039 Willow Pass - Church rear entr
	CONCORD	WB	4975 Concord Blvd (Bible Church) Fireside Rm
	MARTINEZ	B	2370 Harbor View (Christ Lutheran) 7-9 PM Spkr every other
	PLEASANT HILL	WS	3051 Putnam Blvd (St. Mark's Ch.) St. Mark's Lutheran Church
	SAN PABLO	cd	2426 Church Lane (Alano club)
	WALNUT CREEK	B	1543 Sunnysvale (United Methodist) (1 1/4 hr.)
7:30PM	ANTIOCH	cd	1020 E. Tregallas (Harbor Ch of Christ)
	BRENTWOOD	D	1275 Fairview (Resurrection Ministries)
	CLAYTON	M	5555 Clayton Rd (St John's Rm7) Bday>Last Tue
	CONCORD	GI	2118 Willow Pass Rd (Rainbow Ctr) Speaker 5Th Tuesday
	DANVILLE	cd	1550 Diablo Rd (St Timothy's) Youth Center
	DANVILLE	D	989 San Ramon Valley (Congr Ch)
	DISCOVERY BAY	S	1900 Willow Lake Rd (Delta Presb Ch) trailer in back
	EL SOBRANTE	cd	5161 Sobrante Ave
	MARTINEZ	D	1865 Arnold Dr (Ch of Christ)
	PLEASANT HILL	cd	396 Civic (off Taylor) (Bday/3rd)
	WALNUT CREEK	B	1437 N Broadway (Mystic Dream Shop) back room
	WALNUT CREEK	D	193 Mayhew Way (AA meeting room) (No meeting 4th Tues)
8:00PM	ORINDA	cd	66 St. Stephen's Dr (St Stephen's Ch)

Wednesday June 2017

6:00AM	LAFAYETTE	cd	711 St Mary's Rd (Little League Hut)
6:30AM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
7:00AM	PLEASANT HILL	L	396 Civic (off Taylor) Daily Reflections
8:30AM	BRENTWOOD	T	8385 Brentwood Blvd Suite B
	EL SOBRANTE	D	5161 Sobrante Ave
9:00AM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	BRENTWOOD	W	809 2nd St (Brentwood Comm Ch)
10:30AM	WALNUT CREEK	WD(w)	193 Mayhew Way (AA meeting room)
12:00PM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D	5161 Sobrante Ave
	LAFAYETTE	cd	49 Knox Dr (LOPC Chapel)
	MARTINEZ	D	Court & Susana St (First Cong Ch) back of basement
	SAN RAMON	S	12501 Alcosta (Comm Ctr Rm.101)
	WALNUT CREEK	cd	1543 Sunnysvale (United Methodist)
	WALNUT CREEK	D	399 Wiget (St. Matthews)
12:35PM	ANTIOCH	S	710 1st St (Waldi Plaza/Alano Club)
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B Crossroads
5:30PM	DANVILLE	cd	3201 Camino Tassajara (Peace Lutheran)
	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	D	396 Civic (off Taylor)

Wednesday		June 2017	
5:30PM	WALNUT CREEK	cs	1924 Trinity Ave (St Paul's)
6:00PM	DANVILLE	wd	1550 Diablo Rd (St Timothy's) Youth Center
	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
	WALNUT CREEK	cd(w)	193 Mayhew Way (AA meeting room)
6:30PM	CONCORD	cs	1591 Broadway off Market St
7:00PM	CONCORD	cd	3039 Willow Pass - Church rear entr
	CONCORD	cl	5562 Clayton Rd (St Bonaventure's Ch) Daily Reflections
	WALNUT CREEK	cdm	1924 Trinity Ave (St Paul's)
7:30PM	ANTIOCH	cd	330 Worrell Rd (Antioch Ch.)
	BETHEL ISLAND	D	3085 Stone Rd (BMID bldg) 1/2 blk off main rd
	BYRON	L	14671 Byron Hwy (Methodist Ch) J-4 @ the curve
	DANVILLE	nb	1550 Diablo Rd (St Timothy's) Youth Center
	EL SOBRANTE	D	5161 Sobrante Ave
	LAFAYETTE	D	971 O'Hara Ave (St Anthony's) (trailer behind St Anthony's)
	OAKLEY	D	396 Civic (off Taylor)
	PLEASANT HILL	cdm	396 Civic (off Taylor)
	PLEASANT HILL	cd	399 Gregory Ln (Ch of the Resurrection) School wing
7:45PM	ORINDA	cdm	10 Irwin Way (Fellowship Hall) behind church
8:00PM	BRENTWOOD	Y	8385 Brentwood Blvd., Suite B Young People
	WALNUT CREEK	D(w)	193 Mayhew Way (AA meeting room)
8:15PM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	CONCORD	cd	3039 Willow Pass - Church rear entr
8:30PM	RICHMOND	cd	37th & Roosevelt (Holy Trinity Ch)

Thursday		June 2017	
6:00AM	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
6:30AM	CONCORD	B	1591 Broadway off Market St
7:00AM	DANVILLE	cdm	989 San Ramon Valley (Congr Ch) Meditation
	PLEASANT HILL	B	396 Civic (off Taylor)
8:30AM	ANTIOCH	B	5085 Lone Tree Way (Conf Rm) Big Book Study
	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
	EL SOBRANTE	D	5161 Sobrante Ave
9:00AM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
10:30AM	WALNUT CREEK	D	193 Mayhew Way (AA meeting room)
12:00PM	BRENTWOOD	cs	8385 Brentwood Blvd., Suite B 11th Step
	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cdw	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D(w)	5161 Sobrante Ave
	MARTINEZ	B	Court & Susana St (First Cong Ch) back of basement
	SAN RAMON	B	12501 Alcosta (Comm Ctr Rm.101)
	WALNUT CREEK	D	1543 Sunnyvale (United Methodist)
12:25PM	WALNUT CREEK	B	710 S. Broadway Rm 2M
12:35PM	ANTIOCH	B	710 1st St (Waldi Plaza/Alano Club)
2:00PM	WALNUT CREEK	cd(w)	193 Mayhew Way (AA meeting room)
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B Grapevine Group
5:30PM	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	cl	396 Civic (off Taylor)
6:00PM	ALAMO	NM	1350 Danville Blvd (Creekside Ch)
	CONCORD	cdw	3039 Willow Pass - Church rear entr Women/Literature
	MORAGA	cd	10 Moraga Valley Ln (Presb Ch Rm 212)
6:30PM	CONCORD	B	1591 Broadway off Market St
	CONCORD	D	5353 Concord Blvd (Crossroads Ch)
7:00PM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	DANVILLE	cdm	1550 Diablo Rd (St Timothy's) Youth Center
	MARTINEZ	cdw	1802 Alhambra Ave
	PINOLE	D	2885 Pinole Valley Road (1st Thur Trad Stdy)
	PITTSBURG	D	5305 Kirker Pass (Ch. of Nazarene) rear
	PLEASANT HILL	N	2275 Morello Ave (Hope Center)
	PLEASANT HILL	cd	2275 Morello Ave (Hope Center)
	PLEASANT HILL	cds	2275 Morello Ave (Hope Center)
	PLEASANT HILL	WB(w)	3051 Pulman Blvd (St. Mark's Ch.) St Mark's (Women)
	WALNUT CREEK	D	1001 Golden Rain Rd Stanley Dollar Club House
	WALNUT CREEK	cd	193 Mayhew Way (AA meeting room)
7:30PM	BRENTWOOD	cdm	8385 Brentwood Blvd., Suite B
	BYRON	D	Camino Diablo & McCabe (St Anne's Church)
	CONCORD	D	2740 Grant St (CFR) (eff. 7/2/15)
	CONCORD	D	3039 Willow Pass - Church rear entr
	DANVILLE	cdw	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	S	5161 Sobrante Ave
	OAKLEY	D(w)	971 O'Hara Ave (St Anthony's) (trailer behind St Anthony's)
	PLEASANT HILL	D	396 Civic (off Taylor) (3rd/4th)
7:45PM	WALNUT CREEK	MedD	2100 Tice Valley (Grace Pres Church) 75 min.
8:00PM	ALAMO	cdm	1350 Danville Blvd (Creekside Ch)
	CROCKETT	cd	4th & Starr (St Rose's Church)
8:30PM	WALNUT CREEK	cd(w)	193 Mayhew Way (AA meeting room)

Friday		June 2017	
6:00AM	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
6:30AM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
7:00AM	PLEASANT HILL	S	396 Civic (off Taylor)
8:30AM	BRENTWOOD	L	8385 Brentwood Blvd., Suite B
	EL SOBRANTE	D	5161 Sobrante Ave
9:00AM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	BRENTWOOD	ws	809 2nd St (Brentwood Comm Ch)
11:30AM	WALNUT CREEK	cd	1650 Ygnacio (St John's) Rm B
	WALNUT CREEK	cd	193 Mayhew Way (AA meeting room)
12:00PM	ANTIOCH	N	3454 Hillcrest Ave
	CONCORD	D	1591 Broadway off Market St
	DANVILLE	B	222 W El Pintado (Pres Church) Rm 7
	EL SOBRANTE	D	5161 Sobrante Ave
	MARTINEZ	D	Court & Susana St (First Cong Ch) back of basement
	SAN RAMON	D	12501 Alcosta (Comm Ctr Rm.101)
	WALNUT CREEK	D	1543 Sunnyvale (United Methodist)

Friday		June 2017	
	WALNUT CREEK	S	399 Wiget (St. Matthews) Green Classroom
12:35PM	ANTIOCH	L(w)	710 1st St (Waldi Plaza/Alano Club)
4:30PM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
5:00PM	DANVILLE	D	989 San Ramon Valley (Congr Ch)
	SAN PABLO	B	2426 Church Lane (Alano club) (new)
5:30PM	EL SOBRANTE	D	5161 Sobrante Ave
	LAFAYETTE	D	711 St Mary's Rd (Little League Hut)
	PLEASANT HILL	cd	396 Civic (off Taylor)
	WALNUT CREEK	cd	1924 Trinity Ave (St Paul's) Meditation, Step 11
	WALNUT CREEK	cd	193 Mayhew Way (AA meeting room)
6:30PM	CONCORD	D	1591 Broadway off Market St
	DANVILLE	Y(t)	222 W El Pintado (Pres Church) Rm 100
6:45PM	BRENTWOOD	cd	809 2nd St (Brentwood Comm Ch)
7:00PM	ANTIOCH	D	710 1st St (Waldi Plaza/Alano Club)
	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
	CONCORD	N	2740 Grant St (CFR) Classroom B
	EL SOBRANTE	WD	5570 Olinda Rd (Freewill Baptist) (2nd FRI - 2 hr)
	LAFAYETTE	ND	711 St Mary's Rd (Little League Hut)
	MARTINEZ	D	Court & Susana St (Church basement) (Eff: 7/31/15)
	SAN PABLO	DM	1825 Church Ln (St Paul School Rm 7)
	WALNUT CREEK	D(w)	193 Mayhew Way (AA meeting room)
	WALNUT CREEK	D	2060 Magnolia Wy (Hillside Cov Ch) Hillside Cov Ch - around back
7:30PM	BYRON	D	14671 Byron Hwy (Methodist Ch) J-4 @ the curve
	CONCORD	D	2290 Willow Pass (Veteran's Hall) Veteran's Hall (downstairs)
	PLEASANT HILL	cd	396 Civic (off Taylor)
	SAN RAMON	D	2601 S. Ramon Valley (Joan Arc Ch) (Joan Arc Ch)
8:00PM	ANTIOCH	D(w)	10th & D St (Rivertown Resource Ctr)
	BRENTWOOD	B	2401 Shady Willow Ln (GoldenHills Ch) GoldenHillsCh E226 Upstairs
	CLAYTON	D	1578 Kirker Pass (Presbyterian Ch)
	CONCORD	D	3039 Willow Pass - Church rear entr
	DANVILLE	cd	222 W El Pintado (Pres Church) Rm 7
	OAKLEY	SPK971	O'Hara Ave (St Anthony's) (trailer behind St Anthony's) 1.5
	PINOLE	cd	2000 San Pablo Ave (Methodist Ch)
	WALNUT CREEK	cd	399 Wiget (St. Matthews) rear of bldg new
8:30PM	EL SOBRANTE	D	5161 Sobrante Ave
	WALNUT CREEK	GI	193 Mayhew Way (AA meeting room)
10:00PM	PLEASANT HILL	D	396 Civic (off Taylor)

Saturday		June 2017	
6:30AM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
	CONCORD	D	1591 Broadway off Market St
7:00AM	DANVILLE	cdm	222 W El Pintado (Pres Church)
	LAFAYETTE	B	711 St Mary's Rd (Little League Hut)
8:00AM	CONCORD	D	1591 Broadway off Market St
	WALNUT CREEK	cs	1924 Trinity Ave (St Paul's)
8:15AM	DANVILLE	cs	1550 Diablo Rd (St Timothy's) Youth Center
8:30AM	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
	DISCOVERY BAY	D	1900 Willow Lake Rd (Delta Presb Ch) trailer in back
	EL SOBRANTE	D	5161 Sobrante Ave
	OAKLEY	B	971 O'Hara Ave (St Anthony's) (trailer behind St Anthony's)
9:00AM	SAN PABLO	WS	2426 Church Lane (Alano club)
9:30AM	CONCORD	DS	1645 West St (Methodist Ch) 1st And 3rd 12X12
	WALNUT CREEK	D	1924 Trinity Ave (St Paul's)
10:00AM	PLEASANT HILL	W	396 Civic (off Taylor)
10:30AM	WALNUT CREEK	D	1437 N Broadway (Mystic Dream Shop)
11:30AM	CONCORD	S	1591 Broadway off Market St
12:00PM	ANTIOCH	W	330 Worrell Rd (Antioch Ch.) Formerly: 4th Dimension Divas
	BRENTWOOD	D	8385 Brentwood Blvd., Suite B
	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	W	396 Civic (off Taylor)
	WALNUT CREEK	D	2317 Buena Vista (Trinity Lutheran) (Was At Anonymous Place)
12:35PM	ANTIOCH	DM	710 1st St (Waldi Plaza/Alano Club)
2:00PM	MARTINEZ	D	Court & Susana St (Church basement)
	PLEASANT HILL	D	396 Civic (off Taylor)
5:30PM	EL SOBRANTE	D	5161 Sobrante Ave
	PLEASANT HILL	B	396 Civic (off Taylor)
6:00PM	CONCORD	D	3039 Willow Pass - Church rear entr
6:30PM	ANTIOCH	D	3901 Lone Tree (Sutter Delta MedCtr) Comm Rm-left side
	BRENTWOOD	S	8385 Brentwood Blvd., Suite B
	CONCORD	D	1591 Broadway off Market St
	RICHMOND	D	901 Nevin St Kaiser Bldg C 3rd flr #1
	WALNUT CREEK	Y	193 Mayhew Way (AA meeting room)
7:30PM	BRENTWOOD	SPK	1185 2nd St (3rd Sat. ONLY)
	EL SOBRANTE	SPK	5161 Sobrante Ave (Last Sat SPK)
	EL SOBRANTE	Y	5161 Sobrante Ave (Not on last Sat.)
	PITTSBURG	SPK	5305 Kirker Pass (Ch. of Nazarene) rear
	PLEASANT HILL	D	396 Civic (off Taylor)
8:00PM	ANTIOCH	SPK	1020 E. Tregallas (Harbor Ch of Christ) 4th Sat
	CONCORD	D	1591 Broadway off Market St (4th Sat)
	DANVILLE	D	1550 Diablo Rd (St Timothy's) Youth Center
	DANVILLE	SPK	222 W El Pintado (Pres Church) 1st Sat - ASL
	MARTINEZ	SPK	2370 Harbor View (Christ Lutheran) (2nd Sat)
	PLEASANT HILL	SPK	399 Gregory Ln (Ch of the Resurrection) 3rd Sat
8:30PM	WALNUT CREEK	D	193 Mayhew Way (AA meeting room)
10:00PM	PLEASANT HILL	D	396 Civic (off Taylor)

May - June 2017

May - June 2017

TIME	CITY	ADDRESS	FACILITY (C = Church)	MEETING NAME	LEGEND				
					1	2	3	4	5
SUNDAY									
9:30 AM	Antioch	501 W 18th St	Public Library	Sunday Serenity			V		
10:00 AM	Bay Point	Regional Shoreline Park	At The Park	Bay Point Shoreline			D	60	
10:00 AM	Concord	2740 Grant St	Center For Recovery	Ask It Basket		z	S-Q&A		L
11:25 AM	Antioch	710 First St	...next to the...Alano Club	For Henry P			S		
5:00 PM	Walnut Creek	1543 Sunnyvale Ave	United Methodist C. R 206	Book Study		z	BS	60	1
6:00 PM	Concord	4000 Clayton Rd	Good Shepherd Lutheran C.	Girls Kick Ass	W		V		1
6:00 PM	San Pablo	2426 Church Ln	San Pablo Alano Club	Rollingwood Recovery			SD		L
6:30 PM	Antioch	710 First St	...next to the...Alano Club	It Works, How & Why			BS		
6:30 PM	Pleasant Hill	404 Gregory Ln	Hillcrest Congregational C.	Addicts Welcome	C		M	60	
8:00 PM	Martinez	875 Howe Rd	Alano Club	Friends of Jimmv K			SD		
MONDAY									
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Just For Today			IP	60	
Noon	Concord	3578 Clayton Rd	Bethel Baptist C. Main Bldg. Upstairs	Never Alone		/	TD	60	
Noon	Richmond	2425 Cutting Blvd.	Miracle Temple Church	High Noon			TD	60	
6:30 PM	Martinez	875 Howe Rd	Alano Club	Women In Recovery	W		BS-S	60	
7:00 PM	Bay Point	3105 Willow Pass Rd	Ambrose Community Ctr	Point Of Recovery			V		1
7:00 PM	Oakley	18 O'Neil Ct	First Southern Baptist C.	One Promise One Message			SD		4
7:00 PM	Rodeo	500 1st Street	Rodeo Free Will Baptist C.	Free Will			V		3
7:00 PM	San Pablo	2426 Church Ln	Alano Club	It's In The Books			BS		
7:30 PM	Antioch	620 E Tregallas Rd	Salvation Army C.	East County Originals			SD		L
7:30 PM	Concord	2740 Grant St	Center For Recovery	Monday At A Time		z	SD	75	L
7:30 PM	Concord	1645 West St	United Methodist C.	All Addicts Welcome			V		3
8:00 PM	Martinez	1820 Alhambra Ave	The First Baptist C.	The Real Deal			SD		3
10:00 PM	Martinez	875 Howe Rd	Alano Club	Monday Night Tag			SD		
TUESDAY									
9:00 AM	Richmond	3029 McDonald Ave.	West City Hmn Dvlpmnt Ctr.	People of Purpose		z	TD	60	L
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Jerry B Just For Today		/	TD	60	
Noon	Concord	3578 Clayton Rd	Bethel Baptist C. Main Bldg. Upstairs	Speaker Meeting			TD	60	
Noon	Richmond	2425 Cutting Blvd.	Miracle Temple Church	High Noon			V	60	
12:15 PM	Walnut Creek	710 S. Broadway Rm 3F	Kaiser Permanente Hlt Care	Tues Noon Serenity		z	SD	75	1
6:00 PM	Concord	1645 West St	United Methodist C.	Clean & Serene			Q&A	1 hr	
6:00 PM	Walnut Creek	1786 2nd Ave	Community of Christ C.	NEWCOMER ORIENTATION		z	BS	60	
6:00 PM	Richmond	101 Broadway St	Rubicon Facility	NA 101		z	C-SD		A
7:00 PM	Danville	3201 Camino Tassajara	Peace Lutheran C.	Alcohol Is A Drug		z	SD		3
7:30 PM	Antioch	E 13th & Marie	St George Episcopal C.	Carry On For John	M		SD		4
7:30 PM	Byron	14301 Byron Hwy	Excelsior Gymnasium	Living Proof		z	SD		2
7:30 PM	Martinez	875 Howe Rd	Alano Club	Spiritual Aim			SD		
7:30 PM	Walnut Creek	1786 2nd Ave	Community of Christ c.	Workin' The Steps	C	z	SS		
7:30 PM	Pleasant Hill	3051 Putnam Blvd	St Mark's Lutheran C.	Just For Tuesday		z	SD		4
8:00 PM	Lafayette	711 St Mary's Rd	Lafayette Community Ctr	Just For Today		/	JFT	60	L
8:15 PM	Antioch	710 First St	...next to the...Alano Club	LGBT & Friends			SD	60	
10:00 PM	Concord	3578 Clayton Rd	Bethel Baptist C.	On Fire			SD		

This Marking Indicates That This Is A New Meeting - OR - Some Information Has Changed

1. Most NA meetings are "open" for anyone to attend - but - some meetings have a "preferred" attendance ... Group Conscience Preferences are as follows ... C = addicts only M = men W = women Y = young

2. Some meetings are held in facilities (or rooms) that have - NO WHEEL CHAIR ACCESS = /
Entire facility is a "SMOKE FREE ZONE" = z

3. Meeting Formats: BS = Book Study • C = Candlelight • D = Discussion • IP = Information Pamphlet • JFT = Just For Today Q&A = Question & Answer • S = Speaker • SD = Speaker Discussion • SS = Step Study • TD = Topic Discussion • V = Varied • M = Meditation

4. Most meetings last 90 minutes (1½ hrs) Meeting Duration - if more than, or less than, 90 minutes

5. Recovery/Clean-time is recognized and celebrated on the numbered occurrence of that week each month or A = all 1 = last

May - June 2017				May - June 2017					
TIME	CITY	ADDRESS	FACILITY (C. = Church)	MEETING NAME	LEGEND				
					1	2	3	4	5
WEDNESDAY									
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Mid-Week Nooner			SD	60	
Noon	Concord	3578 Clayton Rd	Bethel Baptist C. Main Bldg. Upstairs	Get It Off Your Chest	/		TD	60	1
Noon	Richmond	2425 Cutting Blvd.	Miracle Temple Church	High Noon			TD	60	
6:00 PM	Richmond	101 Broadway St	Rubicon Facilities	Never Alone - Step Group			SS		L
7:00 PM	Lafayette	955 Moraga Road	United Methodist Church	No Matter What!			JFT	60	
7:00 PM	Antioch	710 First St	...next to the...Alano Club	Higher Powered			C-SD	60	
7:00 PM	San Pablo	2426 Church Ln	Alano Club	Holding Nothing Back		z	SD		4
7:00 PM	San Pablo	2426 Church Ln	Alano Club	Holding Nothing Back			SD		4
7:30 PM	Brentwood	1275 Fairview Ave	Resurrection Ministries	Vintage Recovery			SD		3
7:30 PM	Concord	4000 Clayton Rd	Good Shepherd Lutheran C.	Dear John / Courage To Change		z	SD		3
7:30 PM	Concord	4000 Clayton Rd	Good Shepherd Lutheran C.	Dear John / Courage To Change		z	C-SD		2
7:30 PM	Walnut Creek	2317 Buena Vista Ave	Trinity Lutheran C. Ed. Rm	Step Up In Recovery		z	SD		
10:00 PM	Concord	3578 Clayton Rd	Bethel Baptist C.	On Fire			SD		
THURSDAY									
9:00 AM	Richmond	3029 McDonald Ave.	West City Hmn Dvlpmt Ctr.	People of Purpose		z	SD		L
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Just For Today			V	60	
Noon	Concord	3578 Clayton Rd	Bethel Baptist C. Main Bldg. Upstairs	Noon Day Dawning	/		TD	60	
Noon	Richmond	2425 Cutting Blvd.	Miracle Temple Church	High Noon			TD	60	
6:00 PM	Richmond	2989 Pullman Ave.	Pullman Pt Apt - multi-purpose R	It's An Inside Job			SD		L
6:30 PM	Richmond	607 S 19th St	Beacon Light C.	It Takes Courage		z	SD	75	L
6:30 PM	Richmond	5732 Jefferson Ave		Newcomers Step 1, 2, 3				60	
6:30 PM	Pittsburg	195 Alvarado Ave	Grace Lutheran Church	In Times Of Illness		z	V	75	
7:00 PM	Crockett	701 Pomona St	Community Baptist C.	Mtng Hall Across the Street	/		SD		1,3
7:00 PM	Pleasant Hill	399 Gregory Ln	C. of the Resurrection Episc.	Short & Sweet		z	V	60	
7:30 PM	Brentwood	809 2nd St	United Methodist C.	Keep Coming Back			SD	75	L
7:30 PM	Martinez	875 Howe Rd	Alano Club	The Steps "Work"			V		
7:30 PM	Martinez	835 Ferry St	corner of Ferry St & Green St	By NA Means Necessary			BS		A
9:00 PM	Antioch	710 First St	...next to the...Alano Club	Drifters			SD	60	
10:00 PM	Concord	3578 Clayton Rd	Bethel Baptist C.	On Fire			SD		
FRIDAY									
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Living Clean			BS	60	
Noon	Concord	3578 Clayton Rd	Bethel Baptist C. Main Bldg. Upstairs	Mixing It Up			TD	60	
Noon	Richmond	2425 Cutting Blvd.	Miracle Temple Church	High Noon			TD	60	
7:00 PM	Concord	2090 Commerce Ave	Pueblo Del Sol	Si Se Puede - Español			V		A
7:00 PM	Richmond	2400 Nevin Ave	Nevin Plaza Senior Housing	It's An Inside Job		z	TD		L
7:00 PM	San Pablo	2426 Church Ln	Alano Club	Let's Get Real		C	SD		3
7:30 PM	Antioch	11 Worrell Rd	New Life Free Will Baptist C.	Cruisers			SD		L
7:30 PM	Pleasant Hill	1601 Mary Dr.	St Andrews Presbyterian C.	Good Timers w/ Bob W		z	SD		3
7:30 PM	Pittsburg	5305 Kirker Pass Rd	C. of the Nazarene	Keepin' It Real			SD		L
7:30 PM	Martinez	875 Howe Rd	Alano Club - Main Room	Young People's - We Do Recover		Y	SD		L
10:00 PM	Martinez	875 Howe Rd	Alano Club	Better Late Than Never			C-TD		
SATURDAY									
7:45 AM	Danville	989 San Ramon Valley Blvd	Danville Congregational C.	Early Serenity		M	V		
8:00 AM	Richmond	165 22nd St	Souper Center	Eye Opener		z	SD		L
8:30 AM	Richmond	820 23rd St	West City Hmn Dvlpmt Ctr	New Life			SD		
10:00 AM	Antioch	710 First St	...next to the...Alano Club	Women In The Solution		W	SD	75	
11:25 AM	Antioch	710 First St	...next to the...Alano Club	Stay On The Path			S	60	
12:00 PM	Richmond	934 Maine Ave	Veterans Resource Center	It's a Journey			SD		
1:00 PM	Bay Point	3105 Willow Pass Rd	Ambrose Community Ctr	West Pittsburg Crosstalk		z	TD	60	
3:00 PM	Concord	2931 Prospect St	The OZ Recovery Home	Sisters of Serenity		W	V	60	
6:30 PM	Antioch	710 First St	...next to the...Alano Club	Meeting Of Change			V	60	1
7:30 PM	Clayton	5555 Clayton Rd	St John's C.	A Message Of Hope			SD		1
7:30 PM	Concord	2118 Willow Pass Rd	(suite 500) UPSTAIRS in Back	LGBT & Friends 2			SD	75	L
7:30 PM	Pleasant Hill	404 Gregory Ln	Hillcrest Congregational C.	Saturday Night Live			SD		A
8:00 PM	Martinez	875 Howe Rd	Alano Club	Saturday Night Candlelight			C-SD		2
10:00 PM	Martinez	875 Howe Rd	Alano Club	Miraculous			S		
Reminder: Our behavior - in, around, before, during & after NA meetings & functions - is a direct reflection on NA.									
Tradition # 4: "Each Group should be autonomous except in matters affecting other Groups or NA as a whole."									
Our inappropriate behavior may result in NA losing the use of facilities, as well as damaging the image of NA, and, by association may also have a negative affect on other NA members, meetings, events, or services - both in this Area and around the world.									

Upcoming Events

More info at www.ContraCostaNA.org

Poster Project (Needs Coordinator)

May and June 25

www.contracostana.org for details

Hikin' Meetin'

www.contracostana.org for details

- May 20th Bolinas Ridge Trail (Golden Gate Natl Rec Area)
10.4 mi, 850' elevation gain (Level 3, Challenging)

- June 17th Point Reyes Natl Seashore Laguna Trailhead
8 mi, 2013' elevation gain (Level 4, Hard)

Monthly Speaker Meeting and Birthday Night

Hosted by Saturday Night Live and Activities

4th Saturday of the Month @ 7:30 pm

Fellowship hall at Hillcrest Congregational Church
404 Gregory Ln, Pleasant Hill

Memorial Day Picnic Sponsored by Activities

Waterfront Park Martinez, CA

11:00 am - 5:00 pm

NAWC Pancake Breakfast & Speaker Meeting

Sat. April 29 Concord United Methodist Church

Smoking Is Prohibited by State & County Law

- ◆ within 20 feet of doors, windows, ducts, etc; and
- ◆ within 25 feet of children's playgrounds; and
- ◆ within public buildings & parks, places of business

Telephone Contacts

24 HR Help-Line 925-685-4357

Press '84' for a volunteer

for NA Voicemails: Press '8' for a menu, then :

Newcomer Workshop, NAYC,NAWC: Ext. 85

PR, Unity Day, Literature: Ext. 86

H&I, Service Workshop, FSC: Ext. 87

ASC Chair, Treasurer, RSC: Ext. 88

¿Se Habla Español? Opima 89

Mailing Address

Contra Costa Area Service Committee

PO BOX 6094 Concord, CA 94527

Websites

Area ◆ <http://www.ContraCostaNA.org>

Spanish Speaking Area ◆ <http://www.norcana.org>

Region ◆ <http://www.NorCalNA.org>

World ◆ <http://www.NA.org>

Committee Business Meetings

Area Service

Regularly on the 4th Sunday - (Gymnasium)

exceptions: 3rd Sunday - Nov & Dec

◆ New GSR Orientation @ 1:30 pm

◆ Joint Admin Meeting @ 12:00 pm

◆ CCASC Meeting @ 2:30 pm

Activities

◆ 2nd Wednesday @ 7:30 pm

◆ 4th Thursday @ 7:30 pm

Hospitals & Institutions

◆ 3rd Thursday

◆ Speaker Orientation @ 6:30 pm

◆ H&I Meeting @ 7:00 pm

Literature

◆ 4th Sunday @ 2:00 pm (halfway)

C.C.A.N.A.W.C.

◆ 1st Monday @ 7:00 pm

◆ 3rd Monday @ 7:00 pm (At Martinez Alano Club)

N. A. Y. C.

◆ 2nd Thursday @ 7:30 pm

Public Relations

◆ 4th Sunday - PR Meeting 1:00 PM

◆ Trainings @ 1:30 pm - following PR Meeting

Contra Costa Area Men's Spiritual Retreat

◆ 3rd Wednesday @ 7:30 pm

Unity Day

◆ 2nd Monday @ 7:00 pm

All the business meetings above are held at:

Ambrose Community Center

3105 Willow Pass Rd, Bay Point, CA

Newcomer Orientation Business Meeting

◆ 2nd Tuesday @ 7:00 pm (after orientation)

Community of Christ Church- 1786 2nd Ave, Walnut Creek

Service Workshop

Have Literature Will Travel

A Service Workshop at your Group's convenience & at your meeting's location, can

provide information regarding duties of each

Group level service position.

Call 925 - 685 - 4357 ext 88

Schedule Changes & Events Info

Email - Schedule@ContraCostaNA.org

Or Telephone - 925 685 4357 ext 86