

# RECOVERY MEETINGS

At Grand Valley State University

## FALL 2019 SCHEDULE

SUN.

6:00 PM  
Alcoholics  
Anonymous

MON.

5:30 PM  
Adult  
Children  
of Alcoholics

TUES.

3:00 PM  
Alcoholics  
Anonymous

WED.

7:00 PM  
Alcoholics  
Anonymous

THURS.

3:00 PM  
Alcoholics  
Anonymous

FRI.

3:00 PM  
Alcoholics  
Anonymous

SAT.

10:30 AM  
Alcoholics  
Anonymous

7:00 PM  
Alcoholics  
Anonymous

Meetings are open to students, faculty, staff, and community members.

Visit [aa.org](http://aa.org), [na.org](http://na.org), [adultchildren.org](http://adultchildren.org), or [smartrecovery.org](http://smartrecovery.org) for other available meetings in the area.

## MEETING EXPLANATIONS

**Alcoholics Anonymous (AA)** is a 12-step program for individuals who share their experience, strength and hope with each other that they may solve their common issues and help others recover from an alcohol problem. Per AA, the only requirement for membership is a desire to stop drinking.

**Adult Children of Alcoholics (ACA)** is a program for individuals who grew up in alcoholic or otherwise dysfunctional homes. Members discover how childhood affected them in the past and influences their present.

**Narcotics Anonymous (NA)** is a 12-step program that welcomes any individuals who are trying to overcome any type of drug or alcohol use problem. NA is a program of complete abstinence from all drugs.

**SMART Recovery** is a scientifically based recovery program utilizing cognitive behavioral modifications implemented by developing more healthy thought patterns to deal with the issues of addiction, obsessive, and compulsive behavior.

## LOCATION

0073 Kirkhof Center

## PARKING

University parking regulations are enforced. Fines will be the responsibility of the individual. For parking information visit: [www.gvsu.edu/parking](http://www.gvsu.edu/parking)

## MEETING UPDATES

Schedule may differ due to building or campus closures. Please see [www.gvsu.edu/aces](http://www.gvsu.edu/aces) for schedule updates.

Meetings will not be held on the following dates:  
| Sept 1-2 | Oct 20 | Nov 28-30 | Dec 15 | Dec 23-31 |

## SPEAKER MEETINGS

Thursdays, 7:00 PM  
| Sept 12 | Oct 10 | Nov 14 | Dec 12 |

