

# RECOVERY MEETINGS

August 26, 2018 - April 30, 2019

SUN.

6:00 PM  
Alcoholics  
Anonymous

MON.

3:00 PM  
Alcoholics  
Anonymous

5:30 PM  
Adult Children  
of Alcoholics

7:00 PM  
SMART  
Recovery

TUES.

3:00 PM  
Alcoholics  
Anonymous

7:00 PM  
Narcotics  
Anonymous

WED.

11:00 AM  
Alcoholics  
Anonymous  
\*Coffee/Meditation Mtg.

7:00 PM  
Alcoholics  
Anonymous

THURS.

3:00 PM  
Alcoholics  
Anonymous

7:00 PM  
Alcoholics  
Anonymous

FRI.

3:00 PM  
Alcoholics  
Anonymous

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.

SAT.

10:30 AM  
Alcoholics  
Anonymous

## LOCATION

0073 Kirkhof Center

## 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 2 - 3 | Nov 22 - 25 | Dec 16 | Dec 22 - Jan 1 | Feb 8, 15 | Mar 3 | Apr 27 - 28 |

5:30/7:00 PM meetings will not be held on the following dates:

Nov 21 | Mar 4 - 7 | Apr 29 - 30 |

## SPEAKER MEETINGS

Thursdays, 7:00 PM

| Sept 13 | Oct 11 | Nov 8 | Dec 13 | Jan 10 | Feb 14 | Mar 14 | Apr 11

## PARKING

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

## 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.

**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.

**Adult Children of Alcoholics and Dysfunctional Families (ACA)** is a program for individuals who grew up in alcoholic/drug addicted or otherwise dysfunctional home. Members discover how childhood affected them in the past and influences their present, taking steps to move on and cope with current relationships in a healthy manner.

**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.

Open to students, faculty/staff, & community members

Questions: Contact ACES at (616) 331-2537 or [www.gvsu.edu/aces](http://www.gvsu.edu/aces)

