

# SMART Recovery Meetings San Diego

[www.smartrecovery.org](http://www.smartrecovery.org)

Meeting Codes: T: tool D: discussion TD: tool/discussion F: family/friends M: meditation

(check the website before meetings in the event of updates, cancellations, time changes) updated 10/14/19

|            |                  |  |    |  |
|------------|------------------|--|----|--|
| <b>SUN</b> | 10:00 to 11:00am | Encinitas: North County Community Center         | D  | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 10:00 to 11:00am | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 11:00 to 12:00pm | Chula Vista: McAlister Institute                 | D  | 1180 Third Ave, Suite C2, Chula Vista, 91911                       |
|            | 12:00 to 1:00pm  | <b>Begins 11/3/19...</b> Kearny Mesa, KMCC       |    | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 1:00 to 2:15pm   | University Heights: Live and Let Live Alano Club | D  | 3847 Park Blvd, San Diego, 92116                                   |
|            | 2:00 to 3:15pm   | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 6:00 to 7:00pm   | Kearny Mesa: Smart Community Center              | TD | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
| <b>MON</b> | 10:00 to 11:00am | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 12:00 to 1:00pm  | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 3:00 to 4:00pm   | Kearny Mesa: Smart Community Center              | TD | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 6:30 to 7:30pm   | Escondido: Neighborhood Health                   | D  | 425 North Date St, Room 150, Escondido, 92025                      |
|            | 7:00 to 8:00pm   | Family & Friends Support Group - KMCC            | F  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 7:00 to 8:00pm   | La Mesa: Alvarado Parkway Inst.                  | D  | 7050 Parkway Dr., La Mesa, 91942, Room 3(Near I-8 and Lake Murray) |
|            | 7:30 to 8:45pm   | Carlsbad: Harding Community Center               | TD | 3096 Harding St, Carlsbad, 92008                                   |
| <b>TUE</b> | 10:00 to 11:00am | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 12:00 to 1:00pm  | Kearny Mesa: Smart Community Center              | TD | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 2:00 to 3:30pm   | La Mesa: Herrick Community Health Care Library   | T  | 9001 Wakarusa Street, La Mesa, 91942, Herrick Healthcare Library   |
|            | 3:00 to 4:00pm   | Chula Vista: McAlister Institute                 | D  | 1180 Third Ave, Suite C2, Chula Vista, 91911                       |
|            | 6:00 to 7:00pm   | University Heights: Twiggs Coffee Shop           | TD | 4590 Park Blvd, San Diego, 92116                                   |
|            | 6:00 to 7:00pm   | Encinitas: North County Community Center         | T  | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 7:00 to 8:00pm   | Family & Friends Support Group - PRPG            | F  | 8950 Villa La Jolla Drive, Suite A220 La Jolla, 92037              |
|            | 7:00 to 8:00pm   | Kearny Mesa: Smart Community Center              | TD | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 7:30 to 8:30pm   | Encinitas: North County Community Center         | D  | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
| <b>WED</b> | 10:00 to 11:00am | Kearny Mesa: Smart Community Ctr                 | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 3:00 to 4:00pm   | Chula Vista: McAlister Institute                 | D  | 1180 Third Ave, Suite C2, Chula Vista, 91911                       |
|            | 6:00 to 7:00pm   | Encinitas: North County Community Center         | TD | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 6:30 to 7:30pm   | Kearny Mesa: Smart Community Center              | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 6:30 to 7:30pm   | San Marcos: Kaiser Permanente                    | D  | 400 Craven Road, Room E, San Marcos, 92078                         |
|            | 7:00 to 8:00pm   | La Mesa: Alvarado Parkway Inst.                  | D  | 7050 Parkway Dr., La Mesa, 91942, Room 3(Near I-8 and Lake Murray) |
|            | 7:10 to 8:10pm   | La Jolla: PRPG                                   | D  | 8950 Villa La Jolla Drive, Suite C101, La Jolla, 92037             |

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| <b>THU</b> | 12:00 to 1:00pm   | Hillcrest: UCSD Med Center                          | D  | 140 W Arbor Drive, Room 215, San Diego, 92103                      |
|            | 12:00 to 1:00pm   | Kearny Mesa: Smart Community Center                 | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 12:00 to 1:00pm   | Point Loma: Mental Health Systems                   | TD | 3340 Kemper St. Suite 207, San Diego, 92110                        |
|            | 1:00 to 2:00pm    | Casa de Oro: Casa de Oro Library                    | D  | 9805 Campo Rd, Spring Valley 91977                                 |
|            | 1:00 to 2:00pm    | KMCC: OPEN HOUSE & Crafting                         |    | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 2:30 to 3:30pm    | Coronado: Sharp Coronado Hospital                   | D  | 250 Prospect Pl, Coronado, 92118                                   |
|            | 4:15 to 5:15pm    | San Diego City College - Room MS221                 | T  | Meeting occurs only when school is in session!                     |
|            | 5:30 to 6:30pm    | Imperial Beach: I.B. Community Center               | TD | 949 Palm Ave, Imperial Beach 91932                                 |
|            | 6:00 to 7:00pm    | Poway Library                                       | TD | 13137 Poway Rd, Poway, 92064 (room can change, ask at desk)        |
|            | 6:30 to 8:00pm    | Encinitas: North County Community Center            | TD | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 6:30 to 7:30pm    | Family & Friends Support Group - La Mesa            | F  | (Herrick Community Library 9001 Wakarusa St, La Mesa 91942         |
|            | 7:00 to 8:30pm    | La Jolla: PRPG                                      | D  | 8950 Villa La Jolla Drive, Suite A220 La Jolla, 92037              |
|            | 7:00 to 8:00pm    | Lake Hodges Old Del Dios Firehouse Community Center | D  | 20155 Elm Lane, Escondido 92029                                    |
|            | 7:30 to 8:30pm    | Kearny Mesa: Smart C.C. Meditation Meeting          | M  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
| <b>FRI</b> | 9:30 to 10:30am   | Solana B: St. James Church, Fireplace Room          | D  | 625 S. Nardo, Solana Beach, 92075                                  |
|            | 12:00 to 1:00pm   | La Jolla: True Life Center of Wellbeing             | D  | 4520 Executive Dr. Suite 225 San Diego, 92121                      |
|            | 1:00 to 2:00pm    | Casa de Oro: Casa de Oro Library                    | TD | 9805 Campo Rd, Spring Valley 91977                                 |
|            | 6:30 to 7:30pm    | Mission Valley: Apex Recovery                       | D  | 2810 Camino Del Rio South, Suite 106, San Diego, 92108             |
|            | 7:00 to 8:00pm    | Kearny Mesa: Smart Community Center                 | T  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 7:00 to 8:00pm    | La Mesa: Alvarado Parkway Inst.                     | T  | 7050 Parkway Dr, La Mesa, 91942, Room 3                            |
|            | 8:15pm to 10:15pm | KMCC: GAME NIGHT                                    |    | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
| <b>SAT</b> | 9:30 to 11:00am   | Encinitas Library                                   | TD | 540 Cornish Drive in Encinitas, 92024, Rooms B&C                   |
|            | 10:00 to 11:00am  | Paradise Hills: Bayview Hills Housing               | D  | 1665 Ridgewood Dr, San Diego, 92139                                |
|            | 12:00 to 1:30pm   | Kearny Mesa: Smart Community Center                 | D  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 2:00 to 3:00pm    | El Cajon Library                                    | D  | 201 E Douglas Avenue, El Cajon, 92020                              |
|            | 2:15 to 3:15pm    | City Heights: Stepping Stone                        | TD | 3767 Central Avenue, San Diego, 92105                              |
|            | 4:00 to 5:00pm    | Encinitas: OPEN HOUSE NCCC                          |    | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 5:00 to 6:00pm    | Encinitas: North County Community Center            | D  | Handbook Workshop, 374 Encinitas Bl Ste B upstairs Encinitas 92124 |
|            | 6:00 to 7:00pm    | Kearny Mesa: Smart Community Center                 | T  | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |
|            | 6:30 to 7:30pm    | Encinitas: North County Community Center            | D  | 374 Encinitas Blvd Ste B upstairs, Encinitas, 92124                |
|            | 7:30 to 8:30pm    | KMCC Improv Night (2nd Sat of every month)          |    | 8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111             |