

# SMART Recovery San Diego Meetings

[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 02/20/20

<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	Kearny Mesa: Smart Community Center	D	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
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
6:00 to 7:00pm		(Begins: 1/6/19) Encinitas NCCC	D	374 Encinitas Blvd Ste B upstairs, Encinitas, 92124
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
	5:30 to 6:30pm	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
<b>WED</b>	10:00 to 11:00am	Kearny Mesa: Smart Community Ctr	D	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	Begins 2/26 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	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

<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
	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
	12:00 to 1:00pm	Kearny Mesa: Smart Community Center	T	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	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
	530 to 630pm	Kearny Mesa: Women's Meeting		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