

**Recovery: San Diego County Meetings (Updated 12/2/2018)**

Please check our website for the most current meeting list:

[www.smartrecovery.org/meetings](http://www.smartrecovery.org/meetings)
**Meeting Formats: D=Discussion, T=Tools, T/D= Tool/Discussion, F=Family & Friends, M=Meditation, E=Eating/Food Issues**

<b>SUN</b>	10:00–11:00am	Smart Recovery SD Community Center		8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	10:00-11:00am	Encinitas: Smart Recovery NC Community Center	<b>T/D</b>	374 Encinitas Blvd. (2nd Floor), Encinitas, CA 92024
	11:00am-12:00pm	Chula Vista: Mcalister Institute for Treatment & Education		1180 Third Ave, Suite C-2 Chula Vista, CA 91911
	1:00–2:15pm	University Heights: Live and Let Live Alano Club		1730 Monroe Avenue, San Diego, 92116
	2:00-3:00pm	Encinitas: Smart Recovery NC Community Center ( <b>No meeting on Nov. 4</b> )	<b>T/D</b>	374 Encinitas Blvd. (2nd Floor), Encinitas, CA 92024
	2:00-3:15pm	Smart Recovery SD Community Center	<b>D</b>	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	4:00-5:00pm	Encinitas: Smart Recovery NC Community Center ( <b>No meeting on Nov. 4</b> )	<b>T/D</b>	374 Encinitas Blvd. (2nd Floor), Encinitas, CA 92024
	6:00-7:00pm	La Jolla: PRPG	<b>E</b>	8950 Villa La Jolla Dr., Ste. B214 La Jolla, 92037
<b>MON</b>	10:00-11am	Smart Recovery SD Community Center	<b>D</b>	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	2:00-3:00pm	Smart Recovery SD Community Center	<b>T/D</b>	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	6:30-7:30pm	Escondido: Neighborhood Health		425 North Date St, Room 150, Escondido, CA
	6:30-7:30pm	Encinitas Library		540 Cornish Drive in Encinitas, 92024, Rooms B&C
	7:00-8:30pm	La Jolla: PRPG	<b>F</b>	8950 Villa La Jolla Drive # B214, La Jolla, 92037
	7:30-8:30pm	Smart Recovery SD Community Center	<b>T/D</b>	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	7:00–8:00pm	La Mesa: Alvarado Parkway Institute		7050 Parkway Dr., La Mesa, 91942, Room 3 (Near I-8 and Lake Murray)
	8:00–9:00pm	La Jolla: VA San Diego Healthcare System	<b>T/D</b>	3350 La Jolla Village Dr. La Jolla 92093, 2 West, Room 2069 (Pt Lounge)
<b>TUE</b>	12:00-1:00pm	Smart Recovery SD Community Center		8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	2:00–3:30pm	La Mesa: Herrick Community Health Care Library	<b>T</b>	9001 Wakarusa Street, La Mesa, 91942 (in Dr.'s Lounge)
	3:00-4:00pm	Chula Vista: Mcalister Institute for Treatment & Education		1180 Third Ave, Suite C-2 Chula Vista, CA 91911
	5:00-6:00pm	Open House: Smart Recovery NC Community Center		374 Encinitas Blvd. (2nd Floor), Encinitas, CA 92024
	5:30–6:30pm	Scripps Ranch: Recovery Works		9820 Willow Creek Rd #295, San Diego, 92131
	6:00-7:00pm	Hillcrest: Foundations San Diego	<b>T/D</b>	3930 Fourth Avenue, San Diego, 92103
	6:00-7:00pm	Encinitas: Smart Recovery NC Community Center		374 Encinitas Blvd. (2nd Floor), Encinitas, CA 92024
	6:30-7:30pm	Northpark: Northpark Behavioral Center		2136 El Cajon Blvd, San Diego, 92104
	7:00-8:00pm	Smart Recovery SD Community Center	<b>T/D</b>	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	7:00–8:00pm	La Jolla: PRPG	<b>T/D</b>	8950 Villa La Jolla Drive # B214, La Jolla, 92037
	7:00-8:00pm	La Mesa: Alvarado Parkway Inst.	<b>D</b>	7050 Parkway Dr., La Mesa, 91942, Room 3 (Near I-8 and Lake Murray)
<b>WED</b>	1:00–2:00pm	Lemon Grove Library	<b>T</b>	3001 School Lane (behind Sprouts) Lemon Grove, 91945
	3:00-4:00pm	Chula Vista: Mcalister Institute for Treatment & Education		1180 Third Ave, Suite C-2 Chula Vista, CA 91911

	6:30–7:30pm	Smart Recovery SD Community Center		8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	6:30–7:30pm	San Marcos: Kaiser Permanente		400 Craven Road, Room E, San Marcos, 92078
	7:00-8:00pm	Smart Recovery North County Community Center		374 Encinitas Blvd. (2nd Floor), Encinitas, CA
	7:00–8:30pm	La Jolla: PRPG		8950 Villa La Jolla Drive # B214, La Jolla, 92037
	7:00-8:00pm	La Mesa: Alvarado Parkway Inst.	D	7050 Parkway Dr., La Mesa, 91942, Room 3 (Near I-8 and Lake Murray)
<b>THU</b>	12:00–1:00pm	Hillcrest: UCSD Medical Center		140 W. Arbor Dr, Room 215, San Diego, 92103
	12:00–1:00pm	Smart Recovery SD Community Center	D	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	12:00-1:00 pm	Point Loma: MHS/Mid Coast Counseling & Recovery Center	T/D	3340 Kemper St. #207, San Diego, 92110
	1:00-3:00pm	OPEN HOUSE: Smart Recovery SD Community Center		8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	2:00–3:00pm	El Cajon: Rancho San Diego Library	D	11555 Via Rancho San Diego, El Cajon, 92019
	4:00-5:00pm	City College <b>(This meeting is held during school sessions only)</b>		San Diego City College, MS Building, Room 562
	5:30-6:30pm	Imperial Beach Community Clinic (IB Clinic)	T/D	949 Palm Ave, Imperial Beach, CA 91932
	6:00-7:00pm	Poway: Poway Library	T/D	13137 Poway Rd, Poway, 92064
	6:30-8:00pm	Encinitas: Smart Recovery NC Community Center		374 Encinitas Blvd. (2nd Floor), Encinitas, CA
	7:00–8:30pm	La Jolla: PRPG	D	8950 Villa La Jolla Drive # B214, La Jolla, 92037
	7:30-8:30pm	Smart Recovery SD Community Center	M	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
<b>FRI</b>	9:30–10:30am	Solana Beach: Calvary Lutheran Church	D	424 Via De La Valle, Solana Beach, CA 92075, Ruth Room
	12:00–1:00pm	La Jolla: True Life Center of Wellbeing		4520 Executive Dr. Suite 225 San Diego, 92121
	1:00-2:00pm	Casa de Oro: Casa de Oro Library		9805 Campo Rd., Spring Valley, CA 91977
	6:30-7:30pm	Mission Valey: APEX	D	2810 Camino del Rio S #106, San Diego, 92108
	7:00-8:00pm	Smart Recovery SD Community Center	T	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	7:00-8:00pm	Encinitas: Smart Recovery NC Community Center <b>(Begins on Nov. 16th)</b>	T	374 Encinitas Blvd. (2nd Floor), Encinitas, CA
	7:00–8:15pm	La Jolla: PRPG	D	8950 Villa La Jolla Drive # B214, La Jolla, 92037
	7:00–8:00pm	La Mesa: Alvarado Parkway Inst.	T	7050 Parkway Dr., La Mesa, 91942, Room 3 (Near I-8 and Lake Murray)
<b>SAT</b>	9:30–11:00am	Encinitas Library	T/D	540 Cornish Drive in Encinitas, 92024, Rooms B&C
	10:00-11am	La Mesa: Herrick Community Health Care Library	F	9001 Wakarusa Street, La Mesa, 91942 (in Dr.'s Lounge)
	10:00-11:am	Mission Valey: APEX	D	2810 Camino del Rio S #106, San Diego, 92108
	12:00-1:30pm	Smart Recovery SD Community Center	D	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111
	2:00–3:00pm	El Cajon Library		201 E Douglas Avenue, El Cajon, 92020
	2:15–3:15pm	City Heights: Stepping Stone	T	3767 Central Avenue, San Diego, 92105
	6:00-7:00pm	Smart Recovery SD Community Center	T	8322 Clairemont Mesa Blvd, Suite 114, San Diego, 92111