



# Bereavement Support Group

**Have you recently lost a loved one?**

**You're not alone.**

**We invite you to join this group if  
you are grieving the loss of a  
special person in your life.**

This community wide support group  
(no charge) can provide you an  
opportunity to share your feelings and  
be of support to others in the same  
situation.

**Temple Etz Chaim  
(in the Scherr Conference Room)  
*The 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of every  
month.***

**9:30 AM - 10:30 AM**

**1080 E. Janss Rd.**

**Thousand Oaks, CA 91360**

Lori Oberman, a licensed Marriage & Family  
Therapist, license #45608 will lead this group  
and help facilitate meaningful, encouraging and  
caring discussions, in a sympathetic

manner. \*For further information,  
please contact Lori Oberman, MA, MFT at  
**[lorioberman@aol.com](mailto:lorioberman@aol.com)** or you may

contact the Temple office at 805-497-6891



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





One of the most difficult challenges in life is trying to cope with a child's problem with alcohol and drugs. Many people come to Al-Anon for the support and understanding they need to handle this heart-breaking situation.



## Al-Anon Support Group

Helping parents  
of addiction problems

**Temple Etz Chaim**  
(Adult Lounge)  
*Wednesday*

**7:00 pm – 8:15 pm.**

**1080 E. Janss Rd.,**

**Thousand Oaks, CA 91360**

*Parent Focus Meeting*

A word about Al-Anon:

*This Al-Anon meeting has a  
focus on parents and their children.*

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics/addicts who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism/addiction is a family illness and that changed attitudes can aid recovery. The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic/addict is too much for most of us. *For any questions: Donna Dawson donnasue10@mac.com; For additional meetings visit: <http://www.alanonventura.org/meetingdirectory.html>*



[www.templeetzchaim.org](http://www.templeetzchaim.org) 805-497-6891

## Al-Anon Family Groups

Al-Anon Ventura County

### Monday Meetings

**Camarillo 0043526** 10:00 a.m.  
St. Columba's Church *Courage to Change*  
1251 Las Posas Road (west of Lantana)

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**Camarillo 30502484** 7:00 p.m.  
Camarillo Health Care District Office  
3639 East Las Posas Road #E-124 Men's Stag

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**Simi Valley** 7:30 p.m.  
Shepherd of the Valley Lutheran Church  
4191 Cochran Street, Upstairs **Adjoining Alateen Mtg**

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**T. O. / Westlake 30578501** 12:30 p.m.  
United Methodist Church Newcomers  
Welcome  
1049 Westlake Blvd. at SW corner with Hampshire Rd.

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**T. O. / Westlake 00054169** 7:15 p.m.  
Conejo Valley Church of Christ  
2525 E. Hillcrest Drive Women's Writing Group

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**Ventura 041249** 12:00 p.m.  
Ventura Center for Spiritual Living  
101 South Laurel Street Bring your Lunch

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**Ventura 502129** 6:30 p.m.  
Our Lady of Assumption Church parking at church o.k.  
21 N. Dunning st. -Adult Children of Alcoholics

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**Ventura 502221** 7:00 p.m.  
Trinity Lutheran church  
196 N. Ashwood Ave. Women in Recovery

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**Westlake Village 30531749** 6:30 p.m.  
St. Jude Catholic Church Focus-Parents of  
32032 W. Linderro Canyo Alcoholics

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### Tuesday Meetings

**Agoura Hills 0064865** 7:00-8:15 p.m.  
New Hope Lutheran  
Church  
29295 Agoura Road *Literature Study*

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**Camarillo 30514519** 7:15 p.m.  
Camarillo Health Care District Office  
3639 East Las Posas Rd. #E-117  
Speaker fifth Tuesday of month *How Al-Anon Works*

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**Oak View / Ojai 029945** 7:30 p.m.  
Oak View Park and Recource Center  
555 Mahoney Street small multi-purpose room

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**Ojai 066030** 8:00 a.m.  
Alano Club  
575 El Roblar *Steps and Traditions*

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**Oxnard 30544378** 7:00 p.m.- 8:00 p.m.  
St. John's Lutheran Church

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**Santa Paula 045632 7:00 p.m.**

First United Methodist Church *Book study: How Alanon Works*  
133 N. Mills Road enter back alley off Santa Barbara St.

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**Simi Vally 30626222 12:00 p.m.**

Church of the Living Christ  
171 Royal Ave. *Open Discussion*

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**Simi Valley 029992 7: 00 p.m.**

Church of Christ, 1554 Sinaloa Road  
Speaker Meeting on the 5<sup>th</sup> Tuesday of the month

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**Westlake 30561988 7:00-8:15 p.m.**

United Methodist Church  
1049 S Westlake Blvd @ Hamshire Rd  
In the yourh room

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**Ventura 30567918 New Location 12:00 - 1:00 p.m.**

Bible Fellowship Church, 6950 Ralston, Room 302  
*Opening Our Hearts Transforming Our Losses*

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**Ventura 064141 1:30 p.m. - 2:30 p.m.**

133 South Laurel Street *4<sup>th</sup> step: Blueprint for Progress house next door*

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**Wednesday Meetings**

Camarillo 30587341 7:00 p.m.- 8:00 p.m.  
3615 E. Las Posas Rd. Building F Suite 161  
*Blueprint for Progress*

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Ojai 0065161 7:00 p.m. - 8:00 p.m.  
St. Andrews Episcopal Church *Step Study*  
409 Topa Topa Dr. (Corner of Bristol Rd. and Ojai Ave.)

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**Oxnard 30507219 12:00 p.m. -1:00pm**

All Saints Episcopal church *Paths to Recovery*  
144 S. C. St. *When We Get Busy, We Get Better*

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**T. O. / Westlake 067262 12:45 p.m.**

New Hope Lutheran Church  
29295 Agoura Hills, CA 91301

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T.O Westlake 063429 7:30 p.m.  
St. Jude Catholic Church *New Hope*  
32032 W. Lindero Canyon Rd.  
Adjoining Alateen Meeting

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**Thousand Oaks 30637236 7-8:15 p.m.**

Temple Etz Chaim  
1080 E. Janss Rd. *Parent Focus Meeting*

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**Ventura 0001799 7:30 p.m.**

Coastline Bible Church *Open Discussion*

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**Thursday Meetings**

**Camarillo 0025424** **7:00 p.m.**  
 Camarillo Health Care District Office Speaker last  
 3639 East Las Posas Rd. #E-117 Thursday of odd month

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**Ojai 30510339** **9:00 a.m.**  
 Alano Club, 575 El Roblar

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**Simi Valley 503210** **7:00 p.m.**  
 Shepherd of the Valley Lutheran Church *Recovering*  
*through writing*  
 4191 Cochran Street, 2nd floor

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**T. O./Westlake 00502576** **6:00 p.m.**  
 United Methodist Church Westlake *Men's Stag*  
 1049 S. Westlake Blvd @ Hampshire Road Youth  
 room

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**T.O./Westlake 001748 Steps & Traditions 6:30 p.m.**  
 United Methodist Church Westlake *Women's Stag*  
 1049 S. Westlake Blvd @ Hampshire Road The Pit

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**T.O./Westlake 502598** **7:30 p.m.**  
 United Methodist Church Westlake *Women's Stag*  
 1049 Westlake Blvd @ Hampshire Road Youth room

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**Ventura 001797** **10:00 a.m.**  
 101 South Laurel Street Open Discussion

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**Ventura 30610778** **6:30pm-8:00pm**  
 First United Methodst Church *Parent Focus*  
 1338 E. Santa Clara St. Wesley Hall #203

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**Ventura 001798** **7:30-8:30 p.m.**  
 Our Lady of Assumption Church *Beginners' Meeting*  
 21 North Dunning St. \*Back unit  
*Adjoining Alateen*

*Meeting*

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**Friday Meetings**

**Agoura Hills 30539355** **6:30 p.m. -7:30 p.m.**  
 New Hope Lutheran Church, 29295 Agoura Road

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**T.O. / Westlake 001745** **1:00 p.m.**  
 Conejo Valley Church of Christ  
 2525 E. Hillcrest Drive *Step Study*

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**Ventura 050500** **12:30 p.m. – 1:30 p.m.**  
 Trinity Lutheran Church  
 196 North Ashwood Avenue *Open Discussion*

**Saturday Meetings**

**Agoura Hills 30578507** **6:00 p.m -7:00 p.m.**  
 New Hope Lutheran Church in small room  
 29295 Agoura Road *Survival to Recovery*

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**Camarillo 042172** **10:00 a.m.**  
 Mt. Cross Lutheran Church  
 102 Camino Esplendido *Paths to Recovery Step Study*

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**Santa Paula 041538** 9:45 a.m.  
First Presbyterian Church Babysitter  
121 Davis Street *Fourth Step Study*

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**Simi Valley 30566930** 8:30 a.m. - 9:45 a.m.  
Shepherd of the Valley Church  
4191 Cochran Street – upstairs classroom  
Literature Study – *From Survival to Recovery*

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**T.O./Westlake 30578505** 9:00 a.m.  
United Methodist Church Westlake *Men's Stag*  
1049 Westlake Blvd @ Hampshire Road The Pit

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**Thousand Oaks 038928** 10:00 a.m.  
Ascension Lutheran Church *Literature*  
1600 E. Hillcrest Drive Babysitter

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**Ventura 30654513** 9:30 a.m. - 10:30 a.m.

**Christ Bridge Church**

3645 Telegraph Rd.  
Courage to Change Parent Meeting All are  
Welcome

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**Westlake Village 30599574** 10:15-11:30  
Westminister Prespyterian Church  
32111 Watergate Rd. (Community Out Reach Room 2nd  
floor)  
Women's literature Inspired

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**Sunday Meetings**

**Agoura 30611366** 4:00pm-5:00pm  
New Hope Lutheran Church *Opening Our Hearts*  
29295 Agoura Rd. *Transforming Our Losses*

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**Oxnard 30546074** 3:00 p.m.- 4:00 p.m.  
Peninsula Park Meeting Room *Recovery*  
3333 Peninsula Road (Upstairs) *by the Sea*

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**Simi Valley 38026** 7:30 -8:30 p.m.  
Good Shepherd of the Valley Lutheran Church  
4191 Cochran Street, 2nd floor *one hour*

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**Ventura 045277** 5:00 p.m.  
Ventura Behavioral Health 12 and 12  
56 East Main Street, Room 108 *Steps and Traditions*  
lower level of 2 story building next to health center  
**Alateen**

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**Monday Simi Valley** 7:30 p.m.  
Shepherd of the Valley Lutheran Church  
4191 Cochran Street, Second Floor

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**Wednesday T.O./Westlake 503774** 7:30 p.m.  
St. Jude Catholic Church  
32032 W. Linderero Canyon Rd.

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**Thursday Camarillo** 7:00 p.m.  
Camarillo Health Care District Office

3639 East Los Posas Road # E-117

**All Alateens**

**Welcome**

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**Thursday Ventura**

**7:30 p.m.**

Our Lady of Assumption Church

21 North Dunning Street

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**Reuniones En Español**

**Martes Oxnard 47815 New Location 6:30p.m.-8:00 p.m.**

La Iglesia de Guadalupe

Nueva Esperanza

500 N. Juanita Ave.

Juanita Avenue & Colonia Road, Colonia

**en la escuela de la iglesia: scholl room # 7**

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**Jueves Oxnard 502863**

**6:30 p.m.**

La Iglesia de Guadalupe

500 N. Juanita Ave

Juanita Avenue & Colonia Road, Colonia

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**Lunes, Simi Valley 504231**

**7:00 p.m.**

*Valor para cambiar*

Sta Rosa de Lima

1305 Royal Avenue Salon 5