



# Types of Meetings

**In general unless otherwise stated most meetings run for Just 1½ hrs and may have a theme to suit most needs**

## **Share meetings:**

May have a guest or elected speaker who will share first with their experience, strength and hope. Basically telling their story of what it was like what happened and what it's like now.. Other members of the group will share back after.

## **Big Book meeting:**

After a reading from the big book, members of the group will share back their experience related to that passage and what it has brought up for them.

## **Step Meeting:**

After a reading of one of the 12 steps to recovery members can share back their own experiences sometimes after an invited speaker. .

## **Come and Go meeting:**

Designed for those who don't have much time and members literally come and go throughout the meeting.

## **Women's or Men's groups – Or**

## **LGBT & Friends (Lesbian, Gay, Bi and Trans Gender) groups:**

Although no group will exclude **any** member who desperately needs a meeting these groups are designed to let the members talk about the issues that are particular to them **and should be respected for that purpose**, you may also find for example that at a Women's group you will get children as that is the only way these members can get to a much needed meeting themselves so again we ask for your consideration and tolerance.