

# Mutual Aid

## Why not take advantage of local and online peer support groups?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30pm–7pm SMART Recovery IRiS Reading			12.30pm AA Meeting Greyfriars Church 64 Friar Street Reading RG1 1EH			11am AA Meeting St Anne’s School Hall Caversham RG4 5AA
7.30pm–9pm NA Meeting IRiS Reading 4 Walyen St, Reading, RG1 7UR	12.30pm AA Meeting Life Springs Church 143-145 Oxford Road Reading RG1 7UY		1pm AA Meeting United Reform Church West Street Maidenhead SL6 1RL			4pm AA Meeting Wesley Methodist Church, Queen’s Road Reading RG1 4BW
7.30pm-9pm CA Meeting New Hope Church 95 York Road Reading RG1 8DU (not bank holidays)	7:30pm OCD Support Group IRiS Reading 4 Waylen Street Reading RG1 7UR (1st & 3rd Tues of Month)	7.30pm SMART Recovery Online Meeting <a href="http://www.smartrecovery.org.uk">www.smartrecovery.org.uk</a>				5pm–6.30pm CA Meeting IRiS Reading 4 Waylen Street Reading RG1 7UR
	8pm–9pm CA Meeting Wesley Methodist Church, Queen’s Road Reading RG1 4BW	7.30pm NA Meeting Quaker Meeting House Church Street Reading RGF1 2SB		8pm AA Meeting Wesley Methodist Church, Queens Road, Reading RG1 4BW	12.30pm-2pm AA Meeting Wesley Methodist Church, Queens Road, Reading RG1 4BW	6.30pm SMART Recovery Online Meeting <a href="http://www.smartrecovery.org.uk">www.smartrecovery.org.uk</a>
8pm AA Meeting Emmanuel Methodist Church 448 Oxford Rd Reading RG30 1EE	8pm NA Meeting Baptist Church Milton Rd, Wokingham Behind old Police Station RG40 1DE	8pm AA Meeting Watlington House 44 Watlington Street Reading RG1 4RJ	8pm AA Meeting Emmanuel Methodist Church 448 Oxford Rd Reading RG30 1EE	8pm AA Meeting Watlington House 44 Watlington Street Reading RG1 4RJ	8pm AA Meeting Watlington House 44 Watlington Street Reading RG1 4RJ	7pm AA Meeting English Martyrs Church Leibenrood Rd Reading RG30 2EB
8pm AA Meeting St Bernadettes Church Hall, Horseshoe Road Pangbourne RG8 7JL	8pm AA Meeting English Martyrs Church Leibenrood Rd Reading RG30 2EB	8pm AA Meeting St Luke’s Church Hall Englefield Road Theale RG7 5AS	8pm Polish Community AA Meeting English Martyrs Church Liebrood Rd Reading RG30 2EB	8pm AA Meeting All Saints Church Boyne Hill Road Maidenhead SL6 4HE		

If you have access to a computer see SMART Recovery Online Meetings at <http://www.smartrecovery.org/community/calendar.php>