

To confirm meeting details, visit <https://www.slaa-houston.org/meetings>

All-Gender Meetings

All-Gender Virtual Meetings on Zoom

- **Sunday, 7:00 PM – Anorexia/Avoidant Step Study**
- **Tuesday, 12:15 PM – Healthy Relationships**
- **Wednesday, 6:00 PM – SLAA Solutions**
- **Saturday, 9:30 AM – Recovery Solutions**
- **Saturday, 7:00 PM – Magical Qualities – SLAA Basic Text Study**

All-Gender In-Person Meetings

- **Monday, 7:00 PM – SLAA Literature** at Council on Recovery
 - **Wednesday, 6:30 PM – Anorexia + Avoidance: A State of Wholeness** at Council on Recovery
 - **Wednesday, 8:00 PM – LGBTQ+ and Allies** at Montrose Center
 - **Thursday, 6:30 PM – LGBTQ+ and Allies** at Lambda Center
 - **Friday, 6:30 PM – Friday Night Live** at First Cumberland Presbyterian
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Men's Meetings

Men's Virtual Meetings on Zoom

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| <ul style="list-style-type: none">• Sunday<ul style="list-style-type: none">○ 7:00 AM – Step 11○ 6:00 PM• Monday<ul style="list-style-type: none">○ 6:30 AM – SLAA Literature○ 12:15 PM○ 7:00 PM• Tuesday<ul style="list-style-type: none">○ 6:30 AM○ 7:30 PM – Book Study• Wednesday<ul style="list-style-type: none">○ 6:30 AM – A State of Grace – Daily Meditations○ 7:00 PM – Speaker○ 7:00 PM | <ul style="list-style-type: none">• Thursday<ul style="list-style-type: none">○ 6:30 AM – Back to Basics Literature○ 12:15 PM – Food for Thought, Speaker○ 7:00 PM• Friday<ul style="list-style-type: none">○ 12:15 PM○ 6:30 PM – Meditation○ 7:30 PM – Beginners, Steps 1–3• Saturday<ul style="list-style-type: none">○ 9:00 AM○ 10:35 AM○ 5:30 PM |
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Men's In-Person & Hybrid Meetings

- **Sunday, 6:00 PM** at St. John the Divine
 - **Monday, 6:30 PM** at Chapelwood UMC
 - **Tuesday, 6:30 PM** at Lovett Center
 - **Tuesday, 7:00 PM (Hybrid)** at Messiah Lutheran (Zoom + In Person)
 - **Wednesday, 12:00 PM – Closed Meeting for Helping Professionals**
 - **Wednesday, 7:00 PM** at Augusta Pines Golf Course (Spring)
 - **Wednesday, 7:00 PM (Hybrid)** at First Christian Church Katy (Zoom + In Person)
 - **Thursday, 6:00 PM** at Chapelwood UMC
 - **Thursday, 7:30 PM (Hybrid)** at Bay Area Unitarian (Clear Lake) (Zoom + In Person)
 - **Friday, 7:30 PM** at St. Philip's Presbyterian
 - **Saturday, 9:00 AM & 10:35 AM** at St. John the Divine
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Women's Meetings

Women's Virtual Meetings on Zoom

- **Monday, 6:30 PM**
- **Wednesday, 6:00 PM – Newcomers**
- **Friday, 6:00 PM – Sober Sisters**
- **Saturday, 11:00 AM – Wonder Women**

Women's In-Person Meetings

- **Sunday, 4:30 PM** at St. John the Divine
 - **Tuesday, 12:00 PM – Wonder Women** at Post Oak Place
 - **Tuesday, 6:30 PM** at the Council on Recovery
 - **Friday, 12:00 PM – Wonder Women** at Post Oak Place
 - **Saturday, 9:30 AM – Sober Dating + Relationships, Book Study** at the Council on Recovery
 - **Saturday, 11:00 AM – Wonder Women** at Post Oak Place
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Notes

- **Virtual meetings** are hosted via Zoom.
 - **Hybrid meetings** offer both in-person and online participation.
 - **All-Gender meetings** welcome everyone.
 - **Men's and Women's meetings** are open to those who identify accordingly.
 - This listing is updated periodically by Houston Intergroup. The most accurate listing is at <https://www.slaa-houston.org/meetings>
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