



LAMBDA CENTER HOUSTON

LGBTQ+ & Allies 12-Step Recovery Clubhouse

1201 W. Clay Street, Houston, TX 77019 | 713-521-1243 | lambdahouston.com

Sunday					
Time	Rm	Program	Meeting	Type	Format
09:30 am	1	AA	Came to Believe	O	Discussion
10:45 am	3	ACA	The Yellow Workbook (90 minute meeting)	O	Step Study
11:00 am	4	AA	Hang Loose Grapevine	O	Discussion
12:30pm	4	AA	The Principles in Practice	O	Discussion
1:00pm	3	MA	Turning Over a New Leaf	O	Discussion
2:00 pm	1	HRU	Play Rehersal 2-4pm		
2:30 pm	4	BOD	Meeting 2:30-4:30pm		
3:00 pm	3	ITAA	Internet & Technology Addicts Anonymous	O	Discussion
5:00 pm	4	ACA	Laundry List Workbook 90-minute meeting	O	Discussion
5:00 pm	1	AA	Stretch & Surrender	O	Discussion
5:30 pm	3	CMA	Breaking Free	O	Discussion
7:00 pm	1	AA	Sunday Evening	O	Discussion
7:00 pm	3	Al-Anon	Lambda AlAnon	C	Discussion
7:00 pm	4	PA	P.A. Solutions	O	Discussion
8:30 pm	3	AA	Last Call for Serenity	O	Discussion

Monday					
Time	Rm	Program	Meeting	Type	Format
6:30 am	3	AA	Eyes Wide Shut	O	Discussion
12:15 pm	1	AA	The 12:15 Group	O	Step Study
5:15 pm	3	AA	Keep Coming Back	O	Discussion
6:30 pm	3	AA	Back to Basics	C	Women
6:30 pm	1	CMA	Miss Amphetamine	O	Women
6:45 pm	4	CMA	Sex, Intimacy & Relationships	O	Men
8:00 pm	1	AA	Beginners	O	Beginners
9:30 pm	3	AA	Last Call for Serenity	O	Discussion

Tuesday					
Time	Rm	Program	Meeting	Type	Format
6:30 am	3	AA	Eyes Wide Shut	O	Book Study
12:15 pm	1	AA	The 12:15 Group	O	Discussion
5:15 pm	3	AA	Unwound	O	Discussion
6:00 pm	4	Al-Anon	Lambda Al-Anon	C	Discussion
(Lambda Al-Anon Birthday Night is celebrated the last week of every month.)					
6:30 pm	3	AA	Double Digit	C	Discussion
8:00 pm	4	CMA	Keep it Simple	O	Beginners
9:30 pm	3	AA	Last Call for Serenity	O	Discussion

Wednesday					
Time	Rm	Program	Meeting	Type	Format
6:30 am	3	AA	Eyes Wide Shut	O	Discussion
12:15 pm	1	AA	The 12:15 Group	O	Speaker
5:15 pm	3	AA	The Promises	O	Discussion
5:30 pm	4	ACA	Nurturing/Loving Parent	O	Discussion

Wednesday - continued					
Time	Rm	Program	Meeting	Type	Format
6:30 pm	1	Al-Anon	Everyone's AFG	O	Discussion
6:30 pm	3	AA	Women on Wednesday	O	Women
8:00 pm	4	AA	Secular, Atheists and Free-thinkers	O	Speaker/Discussion
9:30 pm	3	AA	Last Call for Serenity	O	Discussion

Thursday					
Time	Rm	Program	Meeting	Type	Format
6:30 am	3	AA	Eyes Wide Shut	O	Discussion
12:15 pm	1	AA	The 12:15 Group	O	Discussion
5:15 pm	3	AA	I Want to Scream!	O	Discussion
6:30 pm	1	SLAA	LGBTQ+Allies Sex & Love Addicts Anonymous	O	Discussion
6:30 pm	4	ACA	Big Red Book (90 minute meeting)	O	Book Study
6:30 pm	3	AA	Plain Language Big Book	C	Book Study
8:00 pm	3	CMA	Are You a Tweaker?	O	Discussion
8:00 pm	1	MA	Queers of the Stoner Age	O	Discussion
9:30 pm	3	AA	Last Call for Serenity	O	Discussion

Friday					
Time	Rm	Program	Meeting	Type	Format
6:30 am	3	AA	Eyes Wide Shut	O	Discussion
12:15 pm	1	AA	The 12:15 Group	O	Discussion
5:15 pm	3	AA	Study and Grow	O	Book Study
6:30 pm	3	AA	Positive Sobriety	O	HIV
6:30 pm	4	ACA	Free Spirits	O	Discussion
7:45 pm	3	AA	The 10th Step Group	O	Discussion
8:00 pm	4	CMA	The Young and The Restless	O	Discussion
9:30 pm	3	AA	Last Call for Serenity	O	Discussion

Saturday					
Time	Rm	Program	Meeting	Type	Format
8:30 am	3	AA	Early Bird	O	Discussion
10:00 am	3	AA	The 11th Step Group	O	Meditation
10:00 am	4	AA	4th Dimensions Women's	O	Discussion
11:30 am	3	AA	Eye Opener	O	Discussion
11:30 am	4	ACA	Loving Parent Guidebook (90 minute meeting)	O	Discussion
1:00 PM	1	BOD	Play Rehersal 1-3pm		
3:00 pm	4	AA	Meditate & Create	O	Meditation
7:00 pm	1	AA	Saturday Night Live	O	Speaker
(Every Saturday except last Saturday of the month.)					
7:00 pm	1	AA	Birthday Night (Last Saturday of the Month.)	O	Birthday
8:30 pm	3	CMA	Candlelight Meeting	O	Candlelight

O = Open Meeting
C = Closed Meeting

revision date: 01/13/2026

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* center hours may vary depending on meeting attendance.