

Alcohol, Tobacco & Other Drugs

Sober Activities in Los Angeles County

Meetup – Sober Activities in Los Angeles: Provides information about alcohol-free Meetup groups and social activities in the Los Angeles area, including walking groups, hiking, game nights, wellness activities, and community events.

Open Sky Recovery – Sober Activities in Los Angeles: Provides ideas for alcohol-free activities in Los Angeles, including hiking, beaches, museums, art classes, cooking classes, fitness activities, volunteer opportunities, and sober community events.

Secret Los Angeles – 12 Wonderful, Alcohol-Free Things To Do in Los Angeles: Provides ideas for alcohol-free activities in Los Angeles, including museums, concerts, hiking, beaches, parks, outdoor movies, farmers markets, and places that serve nonalcoholic drinks.

Sober Events: Provides free sober social events that help people connect and have fun without alcohol or other substances. Events include movie nights, guest speakers, outdoor adventures, and New Year's Eve celebrations with food, mocktails, and entertainment.

Studio Om – Sunday Reset: Restorative Yoga + Community Dinner: Offers weekly restorative yoga sessions followed by a community dinner. The event provides a relaxing space to unwind, connect with others, and prepare for the week ahead.

10 L.A. weekend activities that are still fun when you're sober: Provides ideas for sober activities in Los Angeles, including Korean spas, cultural events, murder mystery dinners, beaches, hiking, theaters, night markets, and trampoline parks.



USC is committed to promoting a healthy, safe, and drug-free campus community. This information and resource hub provides important details about alcohol, tobacco, and other drugs, USC policies, confidential self-assessment tools, and support resources for Trojan faculty and staff.

