

LifeRing Meetings Can Change Your Life

It's all up to you – in LifeRing, we don't tell you what you 'should' do. Instead we offer you the support and information you need to make the changes that you want. You're surrounded by people like you, addicted and unhappy about it.

You first realize that you're not alone, and then your struck by how much can be learned from people just like you; and how much others can learn from you.

There's a special kind of magic that can happen at LifeRing meetings. The support that is shared almost literally lifts a bit of the burden that weighs you down. Without even being aware of it, change begins. You're always in control, but you are able to relax among friends that understand you.

LifeRing Secular Recovery is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs.

In LifeRing, we offer each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment.

Our approach is based on developing, refining, and sharing our own personal strategies for continued abstinence and crafting a rewarding life in recovery. In short, we are sober, secular, and self-directed.

There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

LifeRing respectfully embraces what works for each individual.



Meetings in Contra Costa County

- **LifeRing meetings are friendly, informal and confidential.**
 - **We sit in a circle, face to face, and we meet as equals.**
 - **Readings take just a minute, because LifeRing focuses right away on the experiences of our members and the strength of sober conversation.**
 - **Each person in the circle is asked "How Was Your Week?" and may talk about sober life in the week just past and the week to come.**
 - **We end with a round of applause for our shared success in sobriety.**
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LifeRing urges you to consider reading our two bestsellers:
Empowering Your Sober Self
and
Recovery by Choice
Available at our website:
www.lifering.org

LifeRing Secular Recovery
25125 Santa Clara St # E-359
Hayward, CA 94544
1-800-811-4142
service@lifering.org
www.lifering.org

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Monday

Antioch	Kaiser CDRP, MON 11:00am	Rm 2A
HWYW	3454 Hillcrest Ave., Antioch, CA 94531	Bob D., bob00driskell@gmail.com

Tuesday

Walnut Creek	Kaiser Medical Center, TUE 7:30pm	MAPLE CONFERENCE ROOM
HWYW	1425 S. Main St, Walnut Creek, CA 94596	Rick M., mcpeakrs@comcast.net

Wednesday

Walnut Creek	Kaiser Medical Center, WED 12:15pm	Room 3-C
HWYW	710 South Broadway, Walnut Creek, CA 94596	Laura M, mosleyldance@yahoo.com
Martinez	Veteran's Hospital, WED 7:00pm	conf. rm in Bldg 20
HWYW	150 Muir Road, Martinez, CA 94553	Dennis M, d5n@aol.com

Thursday

Concord	Center for Recovery, THU 7:00pm	Medical Pavilion, Suit 3
HWYW	2740 Grant Street, Concord, CA 94520	Kathy L, kthrn lennon@yahoo.com
Walnut Creek	Mt. Diablo UU Church, THU 7:30pm	Oak Room
HWYW	55 Eckley Lane, Walnut Creek, CA 94596	Arnold P., arnoldpustilnik@yahoo.com

Friday

Walnut Creek	Kaiser Medical Center, FRI 12:15pm	Room 3-E
HWYW	710 South Broadway, Walnut Creek, CA 94596	Laura M., mosleyldance@yahoo.com