

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 Marin, Sonoma, Napa, and Solano Counties

- **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		
Vacaville HWYW	Kaiser Hospital, MON 7:00pm 1 Quality Dr, Vacaville, CA 95688	Bldg A, 1st Floor Darlene B., lrvacaville@gmail.com
Santa Rosa HWYW	UNITARIAN CHURCH, MON 7:30pm 547 Mendocino Ave, Santa Rosa, CA 95401	GARY W., liferingsr@gmail.com
San Rafael HWYW	Bayside Marin, MON 7:30pm 718 4th St., San Rafael, CA 94901	Meeting Room Bryan C., bcca@chevron.com
Tuesday		
Vallejo HWYW	Kaiser CDRP, TUE 12:00pm 800 Sereno Dr., Vallejo, CA 94589	Darren M., dginam@aol.com
Sebastopol HWYW	St. Stephen's Episcopal church, TUE 7:00pm 500 Robinson Rd., Sebastopol, CA 95472	Eric F., liferingsr@gmail.com
Benicia HWYW	First Baptist Church of Benicia, TUE 7:00pm 1055 Southampton Rd, Benicia, CA 94510	Meeting Room D George K., Greg C., denkst@gmail.com; gscox@pacbell.net
Healdsburg HWYW	Good Shepherd Lutheran Church, TUE 7:00pm 1402 University Street, Healdsburg, CA 95448	Conference Room Chris L., chris@chrislamela.com
Petaluma HWYW	Olympia House, Tus, TUS 7:30pm 11207 Valley Ford Rd., Petaluma, CA 94952	John H, liferingsr@gmail.com
Wednesday		
San Rafael HWYW	San Rafael Kaiser CDU, WED 6:15pm 111 Smith Ranch Rd., San Rafael, CA 94903	Yosemite Room Steve B., sberkley@me.com
Santa Rosa HWYW	Kaiser CDRP, WED 8:00pm 3554 Round Barn Blvd., Santa Rosa, CA 95401	Room H Chris A., liferingsr@gmail.com
Thursday		
Mill Valley HWYW	Recovery Without Walls, THU 6:15pm 3 Madrona Street, Mill Valley, CA 94941	Peter D., peterbuilt@pacbell.net
Vacaville HWYW	Kaiser Hospital, THU 7:00pm 1 Quality Dr, Vacaville, CA 95688	Bldg A, 1st Floor Brian P., lrvacaville@gmail.com
Santa Rosa HWYW	Unitarian Universalist Church, THU 7:00pm 547 Mendocino Ave, Santa Rosa, CA 95401	classroom #2 Todd W., liferingsr@gmail.com
Friday		
Santa Rosa HWYW	Interlink Self Help Center, FRI 1:00pm 1033 4th St., Santa Rosa, CA 95404	Jenn P., liferingsr@gmail.com
Vallejo HWYW	Kaiser CDRP, FRI 12:00pm 800 Sereno Dr., Vallejo, CA 94589	Terry H., terryghill@att.net
San Rafael HWYW	San Rafael Kaiser CDU, FRI 6:15pm 111 Smith Ranch Rd., San Rafael, CA 94903	Yosemite Room Dominique K, hdlite@att.net
Saturday		
Sebastopol HWYW	Azure Acres Recovery Center, SAT 12:00pm 2264 Green Hill Rd., Sebastopol, CA 95472	, liferingsr@gmail.com
Sunday		
Forestville HWYW	Food For Thought, SUN 1:00pm 6550 Railroad Ave, Forestville, CA 95436	David V., liferingsr@gmail.com
Lagunitas HWYW	Sunday Morning at Lagunitas, SUN 10:00am 390 Cintura Ave, #3, Lagunitas, CA 94938	Coby S, cobysmolens@gmail.com