

## 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](http://www.lifering.org)**

**LifeRing Secular Recovery**  
25125 Santa Clara St # E-359  
Hayward, CA 94544  
1-800-811-4142  
[service@lifering.org](mailto:service@lifering.org)  
[www.lifering.org](http://www.lifering.org)

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Monday		
Vacaville	<b>Kaiser Hospital, MON 7:00pm</b>	Bldg A, 1st Floor
<b>How Was Your Week?</b>	1 Quality Dr, Vacaville, CA 95688	Darlene B., lrvacaville@gmail.com, 707.392-8056
San Rafael	<b>Bayside Marin, MON 7:30pm</b>	Meeting Room
<b>How Was Your Week?</b>	718 4th St., San Rafael, CA 94901	Coby S., cobysmolens@gmail.com,
Santa Rosa	<b>UNITARIAN CHURCH, MON 7:30pm</b>	
<b>How Was Your Week?</b>	547 Mendocino Ave, Santa Rosa, CA 95401	Peter P., liferingsr@gmail.com, 707-596-8860
Tuesday		
Vallejo	<b>Kaiser CDRP, TUE 12:00pm</b>	
<b>How Was Your Week?</b>	800 Sereno Dr., Vallejo, CA 94589	Charisse L., Charisselee1@hotmail.com, 707 712-8481
Sebastopol	<b>St. Stephen's Episcopal church, TUE 7:00pm</b>	
<b>How Was Your Week?</b>	500 Robinson Rd., Sebastopol, CA 95472	Eric F., liferingsr@gmail.com, 707-596-8860
Healdsburg	<b>Good Shepherd Lutheran Church, TUE 7:00pm</b>	Conference Room
<b>How Was Your Week?</b>	1402 University Street, Healdsburg, CA 95448	Chris L., chris@chrislamela.com, 707-566-8790
Benicia	<b>First Baptist Church of Benicia, TUE 7:00pm</b>	Meeting Room D
<b>How Was Your Week?</b>	1055 Southampton Rd, Benicia, CA 94510	George K., denkst@gmail.com, 805-220-8328
Petaluma	<b>Olympia House, TUE 7:30pm</b>	
<b>How Was Your Week?</b>	11207 Valley Ford Rd., Petaluma, CA 94952	John H, liferingsr@gmail.com, 707-596-8860
Wednesday		
San Rafael	<b>San Rafael Kaiser CDU, WED 6:15pm</b>	Yosemite Room
<b>How Was Your Week?</b>	111 Smith Ranch Rd., San Rafael, CA 94903	Steve B., sberkley@me.com, (415) 320-2181
Santa Rosa	<b>Kaiser CDRP, WED 8:00pm</b>	Room H
<b>How Was Your Week?</b>	3554 Round Barn Blvd., Santa Rosa, CA 95401	Chris A., liferingsr@gmail.com, 707-596-8860
Thursday		
Vacaville	<b>Kaiser Hospital, THU 12:15pm</b>	Meet in the waiting area prior to getting a meeting room
<b>Women's only meeting</b>	1 Quality Dr, Vacaville, CA 95688	Valerie R., 52valerie52@gmail.com,
Napa	<b>Napa LifeRing, THU 7:00pm</b>	CrossWalk Community Church in the Heritage Room
<b>How Was Your Week?</b>	2590 1st Street, Napa, CA 94558	Mike S. Joel C. and Melissa L., napalifering@gmail.com,
Vacaville	<b>Kaiser Hospital, THU 7:00pm</b>	Bldg A, 1st Floor
<b>How Was Your Week?</b>	1 Quality Dr, Vacaville, CA 95688	Brian P., lrvacaville@gmail.com, 707.689.8036
Santa Rosa	<b>Unitarian Universalist Church, THU 7:00pm</b>	classroom #2
<b>How Was Your Week?</b>	547 Mendocino Ave, Santa Rosa, CA 95401	Todd W., liferingsr@gmail.com, 707-596-8860
Friday		
Santa Rosa	<b>Interlink Self Help Center, FRI 1:00pm</b>	
<b>How Was Your Week?</b>	1033 4th St., Santa Rosa, CA 95404	Jenn P., liferingsr@gmail.com, 707-546-4481 extension 205
Vallejo	<b>Kaiser CDRP, FRI 12:00pm</b>	
<b>How Was Your Week?</b>	800 Sereno Dr., Vallejo, CA 94589	Terry H., terryghill@att.net,
San Rafael	<b>San Rafael Kaiser CDU, FRI 6:30pm</b>	Yosemite Room
<b>How Was Your Week?</b>	111 Smith Ranch Rd., San Rafael, CA 94903	Coby S., cobysmolens@gmail.com, 415-747-5709
Saturday		
Sebastopol	<b>Azure Acres Recovery Center, SAT 12:00pm</b>	
<b>How Was Your Week?</b>	2264 Green Hill Rd., Sebastopol, CA 95472	D'Ann G., girlwpearl@gmail.com,
Sunday		
Forestville	<b>Food For Thought, SUN 1:00pm</b>	
<b>How Was Your Week?</b>	6550 Railroad Ave, Forestville, CA 95436	David Vergi, liferingsr@gmail.com, 707-596-8860