

## 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		
<b>Glen Ellen HWYW</b>	<b>Mountain Vista Farm, MON 4:15pm</b> 3020 Warm Springs Rd, Glen Ellen, CA 95442	Conference Building Dennis S., dmsasquatch@comcast.net,
<b>Vacaville HWYW</b>	<b>Kaiser Hospital, MON 7:00pm</b> 1 Quality Dr, Vacaville, CA 95688 behind Peets Coffee	Bldg A, 1st Floor Darlene B., Irvacaville@gmail.com, 707.392-8056
<b>San Rafael HWYW</b>	<b>Bayside Marin, MON 7:30pm</b> 718 4th St., San Rafael, CA 94901	Meeting Room Bryan C., bcca@chevron.com, 415.450.5376
<b>Santa Rosa HWYW</b>	<b>UNITARIAN CHURCH, MON 7:30pm</b> 547 Mendocino Ave, Santa Rosa, CA 95401	GARY W., liferingsr@gmail.com, 707-596-8860
Tuesday		
<b>Vallejo HWYW</b>	<b>Kaiser CDRP, TUE 12:00pm</b> 800 Sereno Dr., Vallejo, CA 94589 Sign @ check-in desk	Darren M., dginam@aol.com,
<b>Sebastopol HWYW</b>	<b>St. Stephen's Episcopal church, TUE 7:00pm</b> 500 Robinson Rd., Sebastopol, CA 95472	Eric F., liferingsr@gmail.com, 707-596-8860
<b>Benicia HWYW</b>	<b>First Baptist Church of Benicia, TUE 7:00pm</b> 1055 Southampton Rd, Benicia, CA 94510 Look for sign	Meeting Room D George K., denkst@gmail.com, 805-220-8328 Greg C., gscox@pacbell.net, 707-771-0490
<b>Healdsburg HWYW</b>	<b>Good Shepherd Lutheran Church, TUE 7:00pm</b> 1402 University Street, Healdsburg, CA 95448	Conference Room Chris L., chris@chrislamela.com, 707-566-8790
<b>Petaluma HWYW</b>	<b>Olympia House, TUE 7:30pm</b> 11207 Valley Ford Rd., Petaluma, CA 94952	John H, liferingsr@gmail.com, 707-596-8860
Wednesday		
<b>San Rafael HWYW</b>	<b>San Rafael Kaiser CDU, WED 6:15pm</b> 111 Smith Ranch Rd., San Rafael, CA 94903 Look for sign	Yosemite Room Steve B., sberkley@me.com, (415) 320-2181
<b>Santa Rosa HWYW</b>	<b>Kaiser CDRP, WED 8:00pm</b> 3554 Round Barn Blvd., Santa Rosa, CA 95401 between 7th & 10th	Room H Chris A., liferingsr@gmail.com, 707-596-8860
Thursday		
<b>Mill Valley HWYW</b>	<b>Recovery Without Walls, THU 6:15pm</b> 3 Madrona Street, Mill Valley, CA 94941 Corner of Madrona Street @ Throckmorton Ave	Coby S., cobysmolens@gmail.com, 415-747-5709
<b>Vacaville HWYW</b>	<b>Kaiser Hospital, THU 7:00pm</b> 1 Quality Dr, Vacaville, CA 95688 behind Peets Coffee	Bldg A, 1st Floor Brian P., Irvacaville@gmail.com, 707.689.8036
<b>Santa Rosa HWYW</b>	<b>Unitarian Universalist Church, THU 7:00pm</b> 547 Mendocino Ave, Santa Rosa, CA 95401	classroom #2 Todd W., liferingsr@gmail.com, 707-596-8860
Friday		
<b>Santa Rosa HWYW</b>	<b>Interlink Self Help Center, FRI 1:00pm</b> 1033 4th St., Santa Rosa, CA 95404	Jenn P., liferingsr@gmail.com, 707-546-4481 extension 205

**Vallejo**                      **Kaiser CDRP, FRI 12:00pm**                      Terry H., terryghill@att.net,  
**HWYW**                      800 Sereno Dr., Vallejo, CA 94589                      ' ,

**San Rafael**                      **San Rafael Kaiser CDU, FRI 6:30pm**                      Yosemite Room  
**HWYW**                      111 Smith Ranch Rd., San Rafael, CA 94903                      Coby S., cobysmolens@gmail.com, 415-747-5709  
Look for sign                      ' ,

**Saturday**

**Sebastopol**                      **Azure Acres Recovery Center, SAT 12:00pm**                      D'Ann G., liferingsr@gmail.com,  
**HWYW**                      2264 Green Hill Rd., Sebastopol, CA 95472                      ' ,

**Sunday**

**Forestville**                      **Food For Thought, SUN 1:00pm**                      David V., liferingsr@gmail.com, 707-596-8860  
**HWYW**                      6550 Railroad Ave, Forestville, CA 95436                      ' ,