

# San Francisco/Bay Area LifeRing Meetings

9/21/2018

For additions or changes, please contact the LifeRing Service Center at 1-800-811-4142 or [service@lifering.org](mailto:service@lifering.org)

LifeRing SF Face-to-Face Meetings, Sorted by County

## County: Alameda

**Livermore** **Monday 6:00pm** **Unitarian Universalist Church** 92

*Address:* 1893 N.Vasco Rd., Livermore, CA 94551

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Geoffrey L.

*Phone:* 415-845-3799

*Email:* [geoff.lane.phd@gmail.com](mailto:geoff.lane.phd@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Union City** **Monday 7:00pm** **Kaiser Medical Building** 166

*Address:* 3551 Whipple Rd., Union City, CA 94587

*Building/Room:* Building B, 3rd Floor, Rooms A & B

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed.

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Chris H.

*Phone:*

*Email:* [cshappraisals@gmail.com](mailto:cshappraisals@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Berkeley** **Monday 8:00pm** **Herrick Hospital** 28

*Address:* 2001 Dwight Way, Berkeley, CA 94704

*Building/Room:* Basement Level A

*Focus:* How Was Your Week?

*Note:* Follow signs

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Bill C.

*Phone:* 510.548.9111

*Email:* [andreegraham@yahoo.com](mailto:andreegraham@yahoo.com)

*Contact:*

*Phone:*

*Email:*

**San Leandro** **Tuesday 6:15pm** **Kaiser Hospital** 75

*Address:* 2500 Merced St., San Leandro, CA 94577

*Building/Room:* Room A-13, first floor

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Craig O.

*Phone:* 510-517-3345

*Email:* [bigox54@sbcglobal.net](mailto:bigox54@sbcglobal.net)

*Contact:*

*Phone:*

*Email:*

**Oakland** **Tuesday 6:45pm** **Kaiser CDRP** 23

*Address:* 969 Broadway, Oakland, CA 94607

*Building/Room:* Group Room 3

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* D. Woodsum

*Phone:*

*Email:* [woodsumconstructioninc@gmail.com](mailto:woodsumconstructioninc@gmail.com)

*Contact:*

*Phone:*

*Email:*

<b>Oakland</b>	<b>Tuesday 8:30pm</b>	<b>MPI</b>	119
<i>Address:</i> 3100 Summit St., Oakland, CA 94609			
<i>Building/Room:</i> 5th Floor, Rm 4			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Liisa P.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:liisapine@gmail.com">liisapine@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Fremont</b>	<b>Wednesday 6:00pm</b>	<b>LifeRing @ Fremont Hosptial CDRP</b>	60
<i>Address:</i> 39021 Sundale Drive, Fremont, CA 94538			
<i>Building/Room:</i> The clinic building across the parking lot from the main hospital			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i>	
<i>Contact:</i> Chris H.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:chris@cshappraisals.com">chris@cshappraisals.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Alameda</b>	<b>Wednesday 6:30pm</b>	<b>Home of Truth Spiritual Center</b>	241
<i>Address:</i> 1300 Grand St, Alameda, CA 94501			
<i>Building/Room:</i> Upstairs			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Gary B	<i>Phone:</i> no phone number	<i>Email:</i> <a href="mailto:frngary@gmail.com">frngary@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Hayward</b>	<b>Thursday 12:30pm</b>	<b>Aldon Oliver Sports Park</b>	151
<i>Address:</i> 2580 Eden Park Pl, Hayward, CA 94587			
<i>Building/Room:</i> park benches by the ticket office near the main parking lot			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Greg S.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:starke49@pacbell.net">starke49@pacbell.net</a>	
<i>Contact:</i> Jacqueline R.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:jaykr@att.net">jaykr@att.net</a>	
<b>Oakland</b>	<b>Thursday 6:45pm</b>	<b>Kaiser CDRP</b>	104
<i>Address:</i> 969 Broadway, Oakland, CA 94607			
<i>Building/Room:</i> Group Room 9			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> Does not meet if Kaiser is closed			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Marilyn K.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:service@lifering.org">service@lifering.org</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	

<b>Berkeley</b>	<b>Thursday 7:30pm</b>	<b>Herrick Hospital</b>	129
<i>Address:</i> 2001 Dwight Way, Berkeley, CA 94704			
<i>Building/Room:</i>			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Paul A.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:eastbay.pda@gmail.com">eastbay.pda@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Union City</b>	<b>Friday 6:00pm</b>	<b>Kaiser Medical Building</b>	212
<i>Address:</i> 3551 Whipple Rd, Union City, CA 94587			
<i>Building/Room:</i> Building B, Third Floor, Room 3D or Room 3C			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> Does not meet if Kaiser is closed			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Tim B.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:timothybliss@comcast.net">timothybliss@comcast.net</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Oakland</b>	<b>Saturday 10:00am</b>	<b>Kaiser CDRP</b>	82
<i>Address:</i> 969 Broadway, Oakland, CA 94607			
<i>Building/Room:</i> Group Room 7			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> Does not meet if Kaiser is closed			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Patrick K	<i>Phone:</i>	<i>Email:</i> <a href="mailto:me@patrickkelleher.me">me@patrickkelleher.me</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Dublin</b>	<b>Saturday 11:00am</b>	<b>John Knox Presbyterian Church</b>	199
<i>Address:</i> 7421 Amarillo Rd., Dublin, CA 94568			
<i>Building/Room:</i> Look for signs			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google Map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Dru B.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:dru.boyd@yahoo.com">dru.boyd@yahoo.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Hayward</b>	<b>Saturday 5:00pm</b>	<b>New Bridges Outreach Center</b>	64
<i>Address:</i> 27287 Patrick Ave, Hayward, CA 94544			
<i>Building/Room:</i> 2nd Floor			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Chris H.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:cshappraisals@gmail.com">cshappraisals@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	

**San Leandro**                      **Saturday 9:30am**                      **All Saint's Episcopal Church**                      250

*Address:* 911 Dowling Boulevard, San Leandro, CA 94577

*Building/Room:* Fireside Room

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* John O                      *Phone:* (510) 357-5273                      *Email:* [maddogclc@gmail.com](mailto:maddogclc@gmail.com)

*Contact:*                      *Phone:*                      *Email:*

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**Oakland**                      **Sunday 11:00am**                      **Kaiser Hospital**                      156

*Address:* 3600 Broadway, Oakland, CA 94611

*Building/Room:* Room at (lower lever) LL HH-2

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* John A.                      *Phone:*                      *Email:* [jra8300@sbcglobal.net](mailto:jra8300@sbcglobal.net)

*Contact:*                      *Phone:*                      *Email:*

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**Hayward**                      **Sunday 5:00pm**                      **New Bridges Outreach Center**                      446

*Address:* 27287 Patrick Ave, Hayward, CA 94544

*Building/Room:* 2nd Floor

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Don S                      *Phone:* 510-331-5629                      *Email:* [arthurdonaldsalazar53@gmail.com](mailto:arthurdonaldsalazar53@gmail.com)

*Contact:*                      *Phone:*                      *Email:*

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**County: Contra Costa**

**Antioch**                      **Monday 11:00am**                      **Kaiser CDRP**                      330

*Address:* 3454 Hillcrest Ave., Antioch, CA 94531

*Building/Room:* Rm 2A

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed

*Map:* [Click here for a Google map](#)                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Scott H.                      *Phone:* 9252508572                      *Email:* [ichabodx9@yahoo.com](mailto:ichabodx9@yahoo.com)

*Contact:*                      *Phone:*                      *Email:*

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**Walnut Creek**                      **Tuesday 7:30pm**                      **Kaiser Medical Center**                      160

*Address:* 1425 S. Main St, Walnut Creek, CA 94596

*Building/Room:* MAPLE CONFERENCE ROOM

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Rick M.                      *Phone:*                      *Email:* [mcpeakrs@comcast.net](mailto:mcpeakrs@comcast.net)

*Contact:*                      *Phone:*                      *Email:*

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<b>Walnut Creek</b>	<b>Wednesday 12:15pm</b>	<b>Kaiser Medical Center</b>	329
<i>Address:</i> 710 South Broadway, Walnut Creek, CA 94596			
<i>Building/Room:</i> Room 3-C			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Laura M	<i>Phone:</i> 925.699.5566	<i>Email:</i> <a href="mailto:mosleydance@yahoo.com">mosleydance@yahoo.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Martinez</b>	<b>Wednesday 7:00pm</b>	<b>Veteran's Hospital</b>	251
<i>Address:</i> 150 Muir Road, Martinez, CA 94553			
<i>Building/Room:</i> conf. rm in Bldg 20			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Dennis M	<i>Phone:</i> 925.768.0049	<i>Email:</i> <a href="mailto:d5n@aol.com">d5n@aol.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Concord</b>	<b>Thursday 7:00pm</b>	<b>Center for Recovery</b>	264
<i>Address:</i> 2740 Grant Street, Concord, CA 94520			
<i>Building/Room:</i> Medical Pavilion, Suit 3			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Kathy L	<i>Phone:</i> 925-256-1850	<i>Email:</i> <a href="mailto:kthrn_lennon@yahoo.com">kthrn_lennon@yahoo.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Walnut Creek</b>	<b>Thursday 7:30pm</b>	<b>Mt. Diablo UU Church</b>	198
<i>Address:</i> 55 Eckley Lane, Walnut Creek, CA 94596			
<i>Building/Room:</i> Oak Room			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Arnold P.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:arnoldpustilnik@yahoo.com">arnoldpustilnik@yahoo.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<b>Walnut Creek</b>	<b>Friday 12:15pm</b>	<b>Kaiser Medical Center</b>	399
<i>Address:</i> 710 South Broadway, Walnut Creek, CA 94596			
<i>Building/Room:</i> Room 3-E			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Laura M.	<i>Phone:</i> 925.699.5566	<i>Email:</i> <a href="mailto:mosleydance@yahoo.com">mosleydance@yahoo.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	

**County: Marin**

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**San Rafael**                                      **Monday 7:30pm**                                      **Bayside Marin**                                      172

*Address:* 718 4th St., San Rafael, CA 94901

*Building/Room:* Meeting Room

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Bryan C.                                      *Phone:* 415.450.5376                                      *Email:* [bcca@chevron.com](mailto:bcca@chevron.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Rafael**                                      **Wednesday 6:15pm**                                      **San Rafael Kaiser CDU**                                      134

*Address:* 111 Smith Ranch Rd., San Rafael, CA 94903

*Building/Room:* Yosemite Room

*Focus:* How Was Your Week?

*Note:* Look for sign

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Steve B.                                      *Phone:* (415) 320-2181                                      *Email:* [sberkley@me.com](mailto:sberkley@me.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**Mill Valley**                                      **Thursday 6:15pm**                                      **Recovery Without Walls**                                      162

*Address:* 3 Madrona Street, Mill Valley, CA 94941

*Building/Room:*

*Focus:* How Was Your Week?

*Note:* Corner of Madrona Street @ Throckmorton Ave

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Coby S.                                      *Phone:* 415-747-5709                                      *Email:* [cobysmolens@gmail.com](mailto:cobysmolens@gmail.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Rafael**                                      **Friday 6:30pm**                                      **San Rafael Kaiser CDU**                                      315

*Address:* 111 Smith Ranch Rd., San Rafael, CA 94903

*Building/Room:* Yosemite Room

*Focus:* How Was Your Week?

*Note:* Look for sign

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Coby S.                                      *Phone:* 415-747-5709                                      *Email:* [cobysmolens@gmail.com](mailto:cobysmolens@gmail.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**County: San Francisco**

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**San Francisco**                                      **Monday 7:15pm**                                      **Kaiser CDRP**                                      70

*Address:* 1201 Fillmore St, San Francisco, CA 94115

*Building/Room:* Room 5

*Focus:* How Was Your Week?

*Note:* We do not meet on holidays

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Jim V.                                      *Phone:* 415.515.0321                                      *Email:* [jimvanover@sbcglobal.net](mailto:jimvanover@sbcglobal.net)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Francisco** **Tuesday 1:00pm** **Kaiser CDRP** 90*Address:* 1201 Fillmore St., San Francisco, CA 94115*Building/Room:* Room 8*Focus:* How Was Your Week?*Note:* We do not meet on holidays*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Jim V.*Phone:* 415.515.0321*Email:* [jimvanover@sbcglobal.net](mailto:jimvanover@sbcglobal.net)*Contact:**Phone:**Email:***San Francisco** **Wednesday 12:15pm** **SF VAMC** 339*Address:* 4150 Clement St, San Francisco, CA 94121*Building/Room:* Bldg 203, Rm GA-48*Focus:* How Was Your Week?*Note:* Open to military, active or retired only*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Tonisa C.*Phone:* 806.290.1293*Email:* [tclardy2002@gmail.com](mailto:tclardy2002@gmail.com)*Contact:**Phone:**Email:***San Francisco** **Friday 6:00pm** **Women's Building** 372*Address:* 3543 18th St, San Francisco, CA 94110*Building/Room:* Room B*Focus:* Workbook Meeting*Note:* between Valencia and Guerrero*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* David H.*Phone:* (415) 651-4558*Email:* [davidh.lifering@gmail.com](mailto:davidh.lifering@gmail.com)*Contact:**Phone:**Email:***San Francisco** **Saturday 10:00am** **San Francisco LGBT Community Center** 207*Address:* 1800 Market Street, San Francisco, CA 94102*Building/Room:* Room 203, 2nd Floor*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Monica F*Phone:**Email:* [monica@pacetua.com](mailto:monica@pacetua.com)*Contact:**Phone:**Email:***County: San Mateo****Burlingame** **Monday 7:00pm** **Mills-Peninsula Hospital** 85*Address:* 1501 Trousdale Dr., Burlingame, CA 94010*Building/Room:* Bldg B, 1st floor, Rm D*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Mary Beth*Phone:**Email:* [marybeth@lifering.org](mailto:marybeth@lifering.org)*Contact:**Phone:**Email:*

**Pacifica** **Wednesday 6:00pm** **Pacifica Resource Center** 4

*Address:* 1809 Palmetto Ave., Pacifica, CA 94044

*Building/Room:*

*Focus:* How Was Your Week?

*Note:* Closed on the major holidays

*Map:* [Click here for a Google Map](#) *Local LifeRing Website:* <https://twitter.com/lifering94044>

*Contact:* Corrinne E. *Phone:* *Email:* [liferingcorrinnepacifica@gmail.com](mailto:liferingcorrinnepacifica@gmail.com)

*Contact:* *Phone:* *Email:*

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**San Bruno** **Thursday 12:00pm** **San Bruno VA Clinic** 328

*Address:* 1001 Sneath Lane, San Bruno, CA 94066

*Building/Room:* V.A. Clinic, 3rd Floor

*Focus:* How Was Your Week?

*Note:* 1 hour meeting

*Map:* [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Edward G. *Phone:* 415-468-4814 *Email:* [emg1946@comcast.net](mailto:emg1946@comcast.net)

*Contact:* *Phone:* *Email:*

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**San Mateo** **Saturday 12:00pm** **Mills Peninsula Health Services** 232

*Address:* 100 S. San Mateo Dr, San Mateo, CA 94401

*Building/Room:* 4th floor Millennium Room

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Betsy Y. *Phone:* 650.576.9316 *Email:* [betsyawn@aol.com](mailto:betsyawn@aol.com)

*Contact:* *Phone:* *Email:*

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**County: Santa Clara**

**San Jose** **Monday 7:30pm** **Kaiser** 214

*Address:* 5755 Cottle Rd., San Jose, CA 95123

*Building/Room:* Building #23, Room #3

*Focus:* How Was Your Week with introduction to LifeRing included

*Note:*

*Map:* [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Rob A. *Phone:* 831-212-0297 *Email:* [liferingsj@gmail.com](mailto:liferingsj@gmail.com)

*Contact:* *Phone:* *Email:*

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**San Jose** **Friday 7:30pm** **Christ the Good Shepherd Church** 72

*Address:* 1550 Meridian Ave., San Jose, CA 95125

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Byron K. *Phone:* 925-922-3553 *Email:* [byron@lifering.org](mailto:byron@lifering.org)

*Contact:* *Phone:* *Email:*

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**County: Solano**

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<b>Vacaville</b>	<b>Monday 7:00pm</b>	<b>Kaiser Hospital</b>	<b>358</b>
<i>Address:</i> 1 Quality Dr, Vacaville, CA 95688			
<i>Building/Room:</i> Bldg A, 1st Floor			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> behind Peets Coffee			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Darlene B.	<i>Phone:</i> 707.392-8056	<i>Email:</i> <a href="mailto:lrvacaville@gmail.com">lrvacaville@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<hr/>			
<b>Vallejo</b>	<b>Tuesday 12:00pm</b>	<b>Kaiser CDRP</b>	<b>110</b>
<i>Address:</i> 800 Sereno Dr., Vallejo, CA 94589			
<i>Building/Room:</i>			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> Sign @ check-in desk			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Mike S.	<i>Phone:</i> 707-287-0038	<i>Email:</i> <a href="mailto:mcschmidt@sbcglobal.net">mcschmidt@sbcglobal.net</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
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<b>Benicia</b>	<b>Tuesday 7:00pm</b>	<b>First Baptist Church of Benicia</b>	<b>289</b>
<i>Address:</i> 1055 Southampton Rd, Benicia, CA 94510			
<i>Building/Room:</i> Meeting Room D			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> Look for sign			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> George K.	<i>Phone:</i> 805-220-8328	<i>Email:</i> <a href="mailto:denkst@gmail.com">denkst@gmail.com</a>	
<i>Contact:</i> Greg C.	<i>Phone:</i> 707-771-0490	<i>Email:</i> <a href="mailto:gsc Cox@pacbell.net">gsc Cox@pacbell.net</a>	
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<b>Vacaville</b>	<b>Thursday 12:15pm</b>	<b>Kaiser Hospital</b>	<b>180</b>
<i>Address:</i> 1 Quality Dr, Vacaville, CA 95688			
<i>Building/Room:</i> Meet in the waiting area prior to getting a meeting room			
<i>Focus:</i> Women's only meeting			
<i>Note:</i>			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Valerie R.	<i>Phone:</i>	<i>Email:</i> <a href="mailto:52valerie52@gmail.com">52valerie52@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
<hr/>			
<b>Vacaville</b>	<b>Thursday 7:00pm</b>	<b>Kaiser Hospital</b>	<b>293</b>
<i>Address:</i> 1 Quality Dr, Vacaville, CA 95688			
<i>Building/Room:</i> Bldg A, 1st Floor			
<i>Focus:</i> How Was Your Week?			
<i>Note:</i> behind Peets Coffee			
<i>Map:</i> <a href="#">Click here for a Google map</a>		<i>Local LifeRing Website:</i> <a href="http://liferingsf.org/">http://liferingsf.org/</a>	
<i>Contact:</i> Brian P.	<i>Phone:</i> 707.689.8036	<i>Email:</i> <a href="mailto:lrvacaville@gmail.com">lrvacaville@gmail.com</a>	
<i>Contact:</i>	<i>Phone:</i>	<i>Email:</i>	
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**Vallejo**

**Friday 12:00pm**

**Kaiser CDRP**

127

*Address:* 800 Sereno Dr., Vallejo, CA 94589

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Terry H.

*Phone:*

*Email:* [terryghill@att.net](mailto:terryghill@att.net)

*Contact:*

*Phone:*

*Email:*

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