

## 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 San Francisco, San Mateo, and Santa Clara 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>Burlingame HWYW</b>	<b>Mills-Peninsula Hospital, MON 7:00pm</b> 1501 Trousdale Dr., Burlingame, CA 94010	Bldg B, 1st floor, Rm D Mary Beth, marybeth@lifering.org,
<b>San Francisco HWYW</b>	<b>Kaiser CDRP, MON 7:15pm</b> 1201 Fillmore St, San Francisco, CA 94115	Room 5 Jim V., jimvanover@sbcglobal.net, 415.515.0321
We do not meet on holidays		
<b>San Jose HWYW</b>	<b>Kaiser, MON 7:30pm</b> 5755 Cottle Rd., San Jose, CA 95123	Building #23, Room #3 Rob A., liferingsj@gmail.com, 831-212-0297
Tuesday		
<b>San Francisco HWYW</b>	<b>Kaiser CDRP, TUE 1:00pm</b> 1201 Fillmore St., San Francisco, CA 94115	Room 8 Jim V., jimvanover@sbcglobal.net, 415.515.0321
We do not meet on holidays		
Wednesday		
<b>San Francisco HWYW</b>	<b>SF VAMC, WED 12:15pm</b> 4150 Clement St, San Francisco, CA 94121	Bldg 203, Rm GA-48 Tonisa C., tclardy2002@gmail.com, 806.290.1293
Open to military, active or retired only		
<b>Pacifica HWYW</b>	<b>Pacifica Resource Center, WED 6:00pm</b> 1809 Palmetto Ave., Pacifica, CA 94044	Corrinne E., liferingcorrinnepacifica@gmail.com,
Closed on the major holidays		
<b>Mountain View</b>	<b>LifeRing at El Camino Hospital, WED 7:30pm</b> 2400 Grant Road, Mountain View, CA 94040	Park Pavilion (YMCA building), room 'L' Byron K., byron@lifering.org, 925.922.3553
Thursday		
<b>San Bruno HWYW</b>	<b>San Bruno VA Clinic, THU 12:00pm</b> 1001 Sneath Lane, San Bruno, CA 94066	V.A. Clinic, 3rd Floor Edward G., emg1946@comcast.net, 415-468-4814
1 hour meeting		
Friday		
<b>San Francisco WB</b>	<b>Women's Building, FRI 6:00pm</b> 3543 18th St, San Francisco, CA 94110	Room B David H., davidh.lifering@gmail.com, (415) 651-4558
between Valencia and Guerrero		
<b>San Jose HWYW</b>	<b>Christ the Good Shepherd Church, FRI 7:30pm</b> 1550 Meridian Ave., San Jose, CA 95125	Byron K., byron@lifering.org, 925.922.3553
Saturday		
<b>San Francisco HWYW</b>	<b>San Francisco LGBT Community Center, SAT 10:00a</b> 1800 Market Street, San Francisco, CA 94102	Room 203, 2nd Floor Monica F, monica@pacetua.com,
<b>San Mateo HWYW</b>	<b>Mills Peninsula Health Services, SAT 12:00pm</b> 100 S. San Mateo Dr, San Mateo, CA 94401	1st floor, The Garden Room Betsy Y., betsyawn@aol.com, 650.576.9316