

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 urges you to consider
reading our two bestsellers:**

Empowering Your Sober Self

and

Recovery by Choice

Available at our website:

www.LifeRing.org



About LifeRing Secular Recovery

LifeRing is a self-help recovery network for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs, or who are in relationships where chemical dependency is a problem.

LifeRing is a poly-abstinence group that welcomes everyone without distinction based on "drug of choice."

LifeRing includes people of all religious faiths and none. Meetings are free of religious observances.

LifeRing supports participants in working out their own personal recovery programs, and requires no particular Steps other than abstinence from alcohol and "drugs."

LifeRing meetings are autonomous except in matters affecting other meetings. A basket may be passed for voluntary donations but there is no charge for participation.

LifeRing is a free-standing, self-supporting organization and is not affiliated with any other.

LifeRing meetings are conducted by peer volunteers called convenors.

For more information about the LifeRing approach and philosophy, and to connect with LifeRing participants, or to order LifeRing books and other literature online, please visit us online at www.lifering.org. If you have questions, please feel free to call or email the Service Center.

LifeRing Service Center

1440 Broadway, Suite 400

Oakland CA 94612

1-800-811-4142

service@lifering.org



**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.**

**IT'S YOUR LIFE AND YOUR
CHOICE.
GIVE LIFERING A TRY!**



Monday	
Burlingame	Mills-Peninsula Hospital, MON 7:00pm 1501 Trousdale Dr., Burlingame, CA 94010 Christine G., christinegamba@live.com Bldg B, 1st floor, Rm D
San Francisco	Kaiser CDRP, MON 7:15pm 1201 Fillmore St, San Francisco, CA 94115 Jim V., jimvanover@sbcglobe.net Room 5
San Jose	Kaiser, MON 7:30pm 5755 Cottle Rd., San Jose, CA 95123 Byron K., byron@lifering.org Building #23, Room #3
Tuesday	
San Francisco	Kaiser CDRP, TUE 1:00pm 1201 Fillmore St., San Francisco, CA 94115 Jim V., jimvanover@sbcglobe.net Room 8
San Jose	Humanist House, TUE 7:30pm 1180 Coleman Ave, San Jose, CA 95110 Byron K., byron@lifering.org
Wednesday	
San Francisco	SF VAMC, WED 12:15pm 4150 Clement St, San Francisco, CA 94121 Tonisa C., tclardy2002@gmail.com Bldg 203, Rm GA-48
Pacifica	Pacifica Resource Center, WED 6:00pm 1809 Palmetto Ave., Pacifica, CA 94044 Scott H., LifeRingScott@gmail.com
Thursday	
San Bruno	San Bruno VA Clinic, THU 12:00pm 1001 Sneath Lane, San Bruno, CA 94066 Edward G., emg1946@comcast.net V.A. Clinic, 3rd Floor
Friday	
San Francisco	Sessions (the former Alano Club), FRI 6:00pm 1748 Market St., Ste. 202, San Francisco, CA 94102 David H., davidh.lifering@gmail.com Room 1
San Jose	Christ the Good Shepherd Church, FRI 7:30pm 1550 Meridian Ave., San Jose, CA 95125 Byron K., byron@lifering.org
Saturday	
San Francisco	Sessions (the former Alano Club), SAT 10:00am 1748 Market Street, Suite 202, San Francisco, CA 941 Monica F., monica@pacetua.com Room 1
San Mateo	Mills Peninsula Health Services, SAT 12:00pm 100 S. San Mateo Dr, San Mateo, CA 94401 Betsy Y., betsyawn@aol.com 4th floor Millennium Room
Sunday	
San Francisco	Sessions (the former Alano Club), SUN 10:00am 1748 Market St., Ste 202, San Francisco, CA 94102 Room 1