

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

LifeRing Secular Recovery
25125 Santa Clara St # E-359
Hayward, CA 94544
1-800-811-4142
service@lifering.org
www.lifering.org

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Monday		
Burlingame	Mills-Peninsula Hospital, MON 7:00pm 1501 Trousdale Dr., Burlingame, CA 94010	Bldg B, 1st floor, Rm D Christine G., christinegamba@live.com
San Francisco	Kaiser CDRP, MON 7:15pm 1201 Fillmore St, San Francisco, CA 94115	Room 5 Jim V., jimvanover@sbcglobal.net
San Jose	Kaiser, MON 7:30pm 5755 Cottle Rd., San Jose, CA 95123	Building #23, Room #3 Byron K., byron@lifering.org
Tuesday		
San Francisco	Kaiser CDRP, TUE 1:00pm 1201 Fillmore St., San Francisco, CA 94115	Room 8 Jim V., jimvanover@sbcglobal.net
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	Bldg 203, Rm GA-48 Tonisa C., tclardy2002@gmail.com
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	V.A. Clinic, 3rd Floor Edward G., emg1946@comcast.net
Friday		
San Francisco	Sessions (the former Alano Club), FRI 6:00pm 1748 Market St., Ste. 202, San Francisco, CA 94102	Room 1 David H., davidh.lifering@gmail.com
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	Room 1 Monica F, monica@pacetua.com
San Mateo	Mills Peninsula Health Services, SAT 12:00pm 100 S. San Mateo Dr, San Mateo, CA 94401	4th floor Millennium Room Betsy Y., betsyawn@aol.com
Sunday		
San Francisco	Sessions (the former Alano Club), SUN 10:00am 1748 Market St., Ste 202, San Francisco, CA 94102	Room 1