

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 Alameda 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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Alameda County LifeRing Meetings

4/12/2019

Monday		
Livermore HWYW	Unitarian Universalist Church, MON 6:00pm 1893 N.Vasco Rd., Livermore, CA 94551	Geoffrey L., geoff.lane.phd@gmail.com, 415-845-3799
Union City HWYW	Kaiser Medical Building, MON 7:00pm 3551 Whipple Rd., Union City, CA 94587	Building B, 3rd Floor, Rooms A & B Chris H., cshappraisals@gmail.com,
Berkeley HWYW	Herrick Hospital, MON 8:00pm 2001 Dwight Way, Berkeley, CA 94704	Basement Level A Bill C., andreegraham@yahoo.com, 510.548.9111
Tuesday		
San Leandro HWYW	Kaiser Hospital, TUE 6:15pm 2500 Merced St., San Leandro, CA 94577	Room A-13, first floor Craig O., bigox54@sbcglobal.net, 510-517-3345
Oakland HWYW	Kaiser AMRS, TUE 6:45pm 380 W. MacArthur Blvd, Oakland, CA 94609	Room 4 D. Woodsum, woodsumconstructioninc@gmail.com,
Oakland HWYW	MPI, TUE 8:30pm 3100 Summit St., Oakland, CA 94609	5th Floor, Rm 4 Liisa P., liisapine@gmail.com,
Wednesday		
Fremont HWYW	LifeRing @ Fremont Hospital CDRP, WED 6:00pm 39021 Sundale Drive, Fremont, CA 94538	the clinic building across the parking lot from the main hospital Chris H., chris@cshappraisals.com,
Alameda HWYW	Home of Truth Spiritual Center, WED 6:30pm 1300 Grand St, Alameda, CA 94501	Upstairs Gary B, lfrngary@gmail.com, no phone number
Thursday		
Hayward HWYW	Aldon Oliver Sports Park, THU 1:45pm 2580 Eden Park Pl, Hayward, CA 94587	park benches by the ticket office near the main parking lot Greg S., starke49@pacbell.net,
Oakland HWYW	Kaiser AMRS, THU 6:00pm 380 W. MacArthur Blvd, Oakland, CA 94609	Room 2 D. Woodsum, woodsumconstructioninc@gmail.com,
Berkeley HWYW	Herrick Hospital, THU 7:30pm 2001 Dwight Way, Berkeley, CA 94704	Paul A., eastbay.pda@gmail.com,
Friday		
Union City HWYW	Kaiser Medical Building, FRI 6:00pm 3551 Whipple Rd, Union City, CA 94587	Building B, Third Floor, Room 3D or Room 3C Tim B., timothybliss@comcast.net,
Saturday		
Oakland HWYW	Kaiser AMRS, SAT 10:00am 380 W. MacArthur Blvd, Oakland, CA 94609	Room 1A&B Patrick K, me@patrickkelleher.me,
Dublin HWYW	John Knox Presbyterian Church, SAT 11:00am 7421 Amarillo Rd., Dublin, CA 94568	Look for signs Dru B., dru.boyd@yahoo.com,
Hayward HWYW	New Bridges Outreach Center, SAT 5:00pm 27287 Patrick Ave, Hayward, CA 94544	2nd Floor Chris H., cshappraisals@gmail.com,
San Leandro HWYW	All Saint's Episcopal Church, SAT 9:30am 911 Dowling Boulevard, San Leandro, CA 94577	Fireside Room John O, maddogclc@gmail.com, (510) 357-5273
Sunday		
Oakland HWYW	Kaiser Hospital, SUN 11:00am 3600 Broadway, Oakland, CA 94611	Room at (lower lever) LL HH-2 John A., jra8300@sbcglobal.net,
Hayward HWYW	New Bridges Outreach Center, SUN 5:00pm 27287 Patrick Ave, Hayward, CA 94544	2nd Floor Don S, arthurdonaldsalazar53@gmail.com, 510-331-5629