

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 Marin, Sonoma, Napa, and Solano 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		
Vacaville	Kaiser Hospital, MON 7:00pm	Bldg A, 1st Floor
How Was Your Week?	1 Quality Dr, Vacaville, CA 95688	Darlene B., lrvacaville@gmail.com, 707.392-8056
Santa Rosa	UNITARIAN CHURCH, MON 7:30pm	
How Was Your Week?	547 Mendocino Ave, Santa Rosa, CA 95401	Peter P., liferingsr@gmail.com, 707-596-8860
San Rafael	Bayside Marin, MON 7:30pm	Meeting Room
How Was Your Week?	718 4th St., San Rafael, CA 94901	Coby S., cobysmolens@gmail.com,
Tuesday		
Vallejo	Kaiser CDRP, TUE 12:00pm	
How Was Your Week?	800 Sereno Dr., Vallejo, CA 94589	Charisse L., Charisselee1@hotmail.com, 707 712-8481
Sebastopol	St. Stephen's Episcopal church, TUE 7:00pm	
How Was Your Week?	500 Robinson Rd., Sebastopol, CA 95472	Eric F., liferingsr@gmail.com, 707-596-8860
Benicia	First Baptist Church of Benicia, TUE 7:00pm	Meeting Room D
How Was Your Week?	1055 Southampton Rd, Benicia, CA 94510	George K., denkst@gmail.com, 805-220-8328
Healdsburg	Good Shepherd Lutheran Church, TUE 7:00pm	Conference Room
How Was Your Week?	1402 University Street, Healdsburg, CA 95448	Chris L., chris@chrislamela.com, 707-566-8790
Petaluma	Olympia House, TUE 7:30pm	
How Was Your Week?	11207 Valley Ford Rd., Petaluma, CA 94952	John H., liferingsr@gmail.com, 707-596-8860
Wednesday		
San Rafael	San Rafael Kaiser CDU, WED 6:45pm	Mt. Tam Room
How Was Your Week?	111 Smith Ranch Rd., San Rafael, CA 94903	Steve B., sberkley@me.com, (415) 320-2181
Santa Rosa	Kaiser CDRP, WED 8:00pm	Room H
How Was Your Week?	3554 Round Barn Blvd., Santa Rosa, CA 95401	Chris A., liferingsr@gmail.com, 707-596-8860
Thursday		
Vacaville	Kaiser Hospital, THU 12:15pm	Meet in the waiting area prior to getting a meeting room
Women's only meeting	1 Quality Dr, Vacaville, CA 95688	Valerie R., 52valerie52@gmail.com,
Mill Valley	Recovery Without Walls, THU 6:15pm	
How Was Your Week?	3 Madrona Street, Mill Valley, CA 94941	Stephanie S, stephsart@comcast.net,
Vacaville	Kaiser Hospital, THU 7:00pm	Bldg A, 1st Floor
How Was Your Week?	1 Quality Dr, Vacaville, CA 95688	Brian P., lrvacaville@gmail.com, 707.689.8036
Santa Rosa	Unitarian Universalist Church, THU 7:00pm	classroom #2
How Was Your Week?	547 Mendocino Ave, Santa Rosa, CA 95401	Todd W., liferingsr@gmail.com, 707-596-8860
Friday		
Santa Rosa	Interlink Self Help Center, FRI 1:00pm	
How Was Your Week?	1033 4th St., Santa Rosa, CA 95404	Jenn P., liferingsr@gmail.com, 707-546-4481 extension 205
Vallejo	Kaiser CDRP, FRI 12:00pm	
How Was Your Week?	800 Sereno Dr., Vallejo, CA 94589	Terry H., terryghill@att.net,
San Rafael	San Rafael Kaiser CDU, FRI 6:30pm	Yosemite Room
How Was Your Week?	111 Smith Ranch Rd., San Rafael, CA 94903	Coby S., cobysmolens@gmail.com, 415-747-5709
Saturday		
Sebastopol	Azure Acres Recovery Center, SAT 12:00pm	
How Was Your Week?	2264 Green Hill Rd., Sebastopol, CA 95472	D'Ann G., girlwpearl@gmail.com,
Sunday		
Forestville	Food For Thought, SUN 1:00pm	
How Was Your Week?	6550 Railroad Ave, Forestville, CA 95436	David Vergi, liferingsr@gmail.com, 707-596-8860