

San Francisco/Bay Area LifeRing Meetings

4/12/2019

For additions or changes, please contact the LifeRing Service Center at 1-800-811-4142 or service@lifering.org

LifeRing Face-to-Face Meetings, Sorted by County

County: Alameda

Livermore **Monday 6:00pm** **Unitarian Universalist Church** 92

Address: 1893 N.Vasco Rd., Livermore, CA 94551

Building/Room:

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Geoffrey L.

Phone: 415-845-3799

Email: geoff.lane.phd@gmail.com

Contact:

Phone:

Email:

Union City **Monday 7:00pm** **Kaiser Medical Building** 166

Address: 3551 Whipple Rd., Union City, CA 94587

Building/Room: Building B, 3rd Floor, Rooms A & B

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed.

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Chris H.

Phone:

Email: cshappraisals@gmail.com

Contact:

Phone:

Email:

Berkeley **Monday 8:00pm** **Herrick Hospital** 28

Address: 2001 Dwight Way, Berkeley, CA 94704

Building/Room: Basement Level A

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Bill C.

Phone: 510.548.9111

Email: andreegraham@yahoo.com

Contact:

Phone:

Email:

San Leandro **Tuesday 6:15pm** **Kaiser Hospital** 75

Address: 2500 Merced St., San Leandro, CA 94577

Building/Room: Room A-13, first floor

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Craig O.

Phone: 510-517-3345

Email: bigox54@sbcglobal.net

Contact:

Phone:

Email:

Oakland **Tuesday 6:45pm** **Kaiser AMRS** 23

Address: 380 W. MacArthur Blvd, Oakland, CA 94609

Building/Room: Room 4

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: D. Woodsum

Phone:

Email: woodsumconstructioninc@gmail.com

Contact:

Phone:

Email:

LifeRing Face-to-Face Meetings, Sorted by County

Oakland **Tuesday 8:30pm** **MPI** 119

Address: 3100 Summit St., Oakland, CA 94609

Building/Room: 5th Floor, Rm 4

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Liisa P.

Phone:

Email: liisapine@gmail.com

Contact:

Phone:

Email:

Fremont **Wednesday 6:00pm** **LifeRing @ Fremont Hospital CDRP** 60

Address: 39021 Sundale Drive, Fremont, CA 94538

Building/Room: The clinic building across the parking lot from the main hospital

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website:

Contact: Chris H.

Phone:

Email: chris@cshappraisals.com

Contact:

Phone:

Email:

Alameda **Wednesday 6:30pm** **Home of Truth Spiritual Center** 241

Address: 1300 Grand St, Alameda, CA 94501

Building/Room: Upstairs

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Gary B

Phone: no phone number

Email: lfngary@gmail.com

Contact:

Phone:

Email:

Hayward **Thursday 1:45pm** **Aldon Oliver Sports Park** 151

Address: 2580 Eden Park Pl, Hayward, CA 94587

Building/Room: park benches by the ticket office near the main parking lot

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Greg S.

Phone:

Email: starke49@pacbell.net

Contact: Jacqueline R.

Phone:

Email: jaykr@att.net

Oakland **Thursday 6:00pm** **Kaiser AMRS** 104

Address: 380 W. MacArthur Blvd, Oakland, CA 94609

Building/Room: Room 2

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: D. Woodsum

Phone:

Email: woodsumconstructioninc@gmail.com

Contact:

Phone:

Email:

Berkeley **Thursday 7:30pm** **Herrick Hospital** 129

Address: 2001 Dwight Way, Berkeley, CA 94704

Building/Room:

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Paul A.

Phone:

Email: eastbay.pda@gmail.com

Contact:

Phone:

Email:

Union City **Friday 6:00pm** **Kaiser Medical Building** 212

Address: 3551 Whipple Rd, Union City, CA 94587

Building/Room: Building B, Third Floor, Room 3D or Room 3C

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Tim B.

Phone:

Email: timothybliss@comcast.net

Contact:

Phone:

Email:

Oakland **Saturday 10:00am** **Kaiser AMRS** 82

Address: 380 W. MacArthur Blvd, Oakland, CA 94609

Building/Room: Room 1A&B

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Patrick K

Phone:

Email: me@patrickkelleher.me

Contact:

Phone:

Email:

Dublin **Saturday 11:00am** **John Knox Presbyterian Church** 199

Address: 7421 Amarillo Rd., Dublin, CA 94568

Building/Room: Look for signs

Focus: How Was Your Week?

Note:

Map: [Click here for a Google Map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Dru B.

Phone:

Email: dru.boyd@yahoo.com

Contact:

Phone:

Email:

Hayward **Saturday 5:00pm** **New Bridges Outreach Center** 64

Address: 27287 Patrick Ave, Hayward, CA 94544

Building/Room: 2nd Floor

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Chris H.

Phone:

Email: cshappraisals@gmail.com

Contact:

Phone:

Email:

LifeRing Face-to-Face Meetings, Sorted by County

San Leandro **Saturday 9:30am** **All Saint's Episcopal Church** 250

Address: 911 Dowling Boulevard, San Leandro, CA 94577

Building/Room: Fireside Room

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: John O

Phone: (510) 357-5273

Email: maddogclc@gmail.com

Contact:

Phone:

Email:

Oakland **Sunday 11:00am** **Kaiser Hospital** 156

Address: 3600 Broadway, Oakland, CA 94611

Building/Room: Room at (lower lever) LL HH-2

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: John A.

Phone:

Email: jra8300@sbcglobal.net

Contact:

Phone:

Email:

Hayward **Sunday 5:00pm** **New Bridges Outreach Center** 446

Address: 27287 Patrick Ave, Hayward, CA 94544

Building/Room: 2nd Floor

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Don S

Phone: 510-331-5629

Email: arthurdonaldsalazar53@gmail.com

Contact:

Phone:

Email:

County: Contra Costa

Antioch **Monday 11:00am** **Kaiser CDRP** 330

Address: 3454 Hillcrest Ave., Antioch, CA 94531

Building/Room: Rm 2A

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Scott H.

Phone: 9252508572

Email: ichabodx9@yahoo.com

Contact:

Phone:

Email:

Walnut Creek **Tuesday 7:30pm** **Kaiser Medical Center** 160

Address: 1425 S. Main St, Walnut Creek, CA 94596

Building/Room: MAPLE CONFERENCE ROOM

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Rick M.

Phone:

Email: mcpeakrs@comcast.net

Contact:

Phone:

Email:

Walnut Creek **Wednesday 12:15pm** **Kaiser Medical Center** 329*Address:* 710 South Broadway, Walnut Creek, CA 94596*Building/Room:* Room 3-C*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Laura M*Phone:* 925.699.5566*Email:* mosleyldance@yahoo.com*Contact:**Phone:**Email:***Martinez** **Wednesday 7:00pm** **Veteran's Hospital** 251*Address:* 150 Muir Road, Martinez, CA 94553*Building/Room:* conf. rm in Bldg 20*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Dennis M*Phone:* 925.768.0049*Email:* d5n@aol.com*Contact:**Phone:**Email:***Concord** **Thursday 7:00pm** **Center for Recovery** 264*Address:* 2740 Grant Street, Concord, CA 94520*Building/Room:* Medical Pavilion, Suit 3*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Kathy L*Phone:* 925-256-1850*Email:* kthrn_lennon@yahoo.com*Contact:**Phone:**Email:***Walnut Creek** **Thursday 7:30pm** **Mt. Diablo UU Church** 198*Address:* 55 Eckley Lane, Walnut Creek, CA 94596*Building/Room:* Oak Room*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Arnold P.*Phone:**Email:* arnoldpustilnik@yahoo.com*Contact:**Phone:**Email:***Walnut Creek** **Friday 12:15pm** **Kaiser Medical Center** 399*Address:* 710 South Broadway, Walnut Creek, CA 94596*Building/Room:* Room 3-E*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Laura M.*Phone:* 925.699.5566*Email:* mosleyldance@yahoo.com*Contact:**Phone:**Email:*

County: Marin

San Rafael **Monday 7:30pm** **Bayside Marin** 172

Address: 718 4th St., San Rafael, CA 94901

Building/Room: Meeting Room

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

Contact: Coby S. *Phone:* *Email:* cobysmolens@gmail.com

Contact: *Phone:* *Email:*

San Rafael **Wednesday 6:45pm** **San Rafael Kaiser CDU** 134

Address: 111 Smith Ranch Rd., San Rafael, CA 94903

Building/Room: Mt. Tam Room

Focus: How Was Your Week?

Note: Look for sign

Map: [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

Contact: Steve B. *Phone:* (415) 320-2181 *Email:* sberkley@me.com

Contact: *Phone:* *Email:*

Mill Valley **Thursday 6:15pm** **Recovery Without Walls** 162

Address: 3 Madrona Street, Mill Valley, CA 94941

Building/Room:

Focus: How Was Your Week?

Note: Corner of Madrona Street @ Throckmorton Ave

Map: [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

Contact: Stephanie S *Phone:* *Email:* stephsart@comcast.net

Contact: *Phone:* *Email:*

San Rafael **Friday 6:30pm** **San Rafael Kaiser CDU** 315

Address: 111 Smith Ranch Rd., San Rafael, CA 94903

Building/Room: Yosemite Room

Focus: How Was Your Week?

Note: Look for sign

Map: [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

Contact: Coby S. *Phone:* 415-747-5709 *Email:* cobysmolens@gmail.com

Contact: *Phone:* *Email:*

County: San Francisco

San Francisco **Monday 7:15pm** **Kaiser CDRP** 70

Address: 1201 Fillmore St, San Francisco, CA 94115

Building/Room: Room 5

Focus: How Was Your Week?

Note: We do not meet on holidays

Map: [Click here for a Google map](#) *Local LifeRing Website:* <http://liferingsf.org/>

Contact: Jim V. *Phone:* 415.515.0321 *Email:* jimvanover@sbcglobal.net

Contact: *Phone:* *Email:*

San Francisco **Tuesday 1:00pm** **Kaiser CDRP** 90

Address: 1201 Fillmore St., San Francisco, CA 94115

Building/Room: Room 8

Focus: How Was Your Week?

Note: We do not meet on holidays

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Jim V.

Phone: 415.515.0321

Email: jimvanover@sbcglobal.net

Contact:

Phone:

Email:

San Francisco **Wednesday 12:15pm** **SF VAMC** 339

Address: 4150 Clement St, San Francisco, CA 94121

Building/Room: Bldg 203, Rm GA-48

Focus: How Was Your Week?

Note: Open to military, active or retired only

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Tonisa C.

Phone: 806.290.1293

Email: tlclardy2002@gmail.com

Contact:

Phone:

Email:

San Francisco **Friday 6:00pm** **Women's Building** 372

Address: 3543 18th St, San Francisco, CA 94110

Building/Room: Room B

Focus: Workbook Meeting

Note: between Valencia and Guerrero

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: David H.

Phone: (415) 651-4558

Email: davidh.lifering@gmail.com

Contact:

Phone:

Email:

San Francisco **Saturday 10:00am** **San Francisco LGBT Community Center** 207

Address: 1800 Market Street, San Francisco, CA 94102

Building/Room: Room 203, 2nd Floor

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Monica F

Phone:

Email: monica@pacetua.com

Contact:

Phone:

Email:

County: San Mateo

Burlingame **Monday 7:00pm** **Mills-Peninsula Hospital** 85

Address: 1501 Trousdale Dr., Burlingame, CA 94010

Building/Room: Bldg B, 1st floor, Rm D

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Mary Beth

Phone:

Email: marybeth@lifering.org

Contact:

Phone:

Email:

LifeRing Face-to-Face Meetings, Sorted by County

Pacifica **Wednesday 6:00pm** **Pacifica Resource Center** 4

Address: 1809 Palmetto Ave., Pacifica, CA 94044

Building/Room:

Focus: How Was Your Week?

Note: Closed on the major holidays

Map: [Click here for a Google Map](#)

Local LifeRing Website: <https://twitter.com/lifering94044>

Contact: Corrinne E.

Phone:

Email: liferingcorrinnepacifica@gmail.com

Contact:

Phone:

Email:

San Bruno **Thursday 12:00pm** **San Bruno VA Clinic** 328

Address: 1001 Sneath Lane, San Bruno, CA 94066

Building/Room: V.A. Clinic, 3rd Floor

Focus: How Was Your Week?

Note: 1 hour meeting

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Edward G.

Phone: 415-468-4814

Email: emg1946@comcast.net

Contact:

Phone:

Email:

San Mateo **Saturday 12:00pm** **Mills Peninsula Health Services** 232

Address: 100 S. San Mateo Dr, San Mateo, CA 94401

Building/Room: 1st floor, The Garden Room

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Betsy Y.

Phone: 650.576.9316

Email: betsyyawn@aol.com

Contact:

Phone:

Email:

County: Santa Clara

San Jose **Monday 7:30pm** **Kaiser** 214

Address: 5755 Cottle Rd., San Jose, CA 95123

Building/Room: Building #23, Room #3

Focus: How Was Your Week with introduction to LifeRing included

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Byron K.

Phone: 925.922.3553

Email: byron@lifering.org

Contact:

Phone:

Email:

Mountain View **Wednesday 7:30pm** **LifeRing at El Camino Hospital** 74

Address: 2400 Grant Road, Mountain View, CA 94040

Building/Room: Park Pavilion (YMCA building), room 'L'

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Rob A.

Phone: 831-212-0297

Email: liferingsj@gmail.com

Contact:

Phone:

Email:

LifeRing Face-to-Face Meetings, Sorted by County

San Jose **Friday 7:30pm** **Christ the Good Shepherd Church** 72

Address: 1550 Meridian Ave., San Jose, CA 95125

Building/Room:

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Byron K.

Phone: 925.922.3553

Email: byron@lifering.org

Contact:

Phone:

Email:

County: Solano

Vacaville **Monday 7:00pm** **Kaiser Hospital** 358

Address: 1 Quality Dr, Vacaville, CA 95688

Building/Room: Bldg A, 1st Floor

Focus: How Was Your Week?

Note: behind Peets Coffee

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Darlene B.

Phone: 707.392-8056

Email: lrvacaville@gmail.com

Contact:

Phone:

Email:

Vallejo **Tuesday 12:00pm** **Kaiser CDRP** 110

Address: 800 Sereno Dr., Vallejo, CA 94589

Building/Room:

Focus: How Was Your Week?

Note: Sign @ check-in desk

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Charisse L.

Phone: 707 712-8481

Email: Charisselee1@hotmail.com

Contact:

Phone:

Email:

Benicia **Tuesday 7:00pm** **First Baptist Church of Benicia** 289

Address: 1055 Southampton Rd, Benicia, CA 94510

Building/Room: Meeting Room D

Focus: How Was Your Week?

Note: Look for sign

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: George K.

Phone: 805-220-8328

Email: denkst@gmail.com

Contact: Greg C.

Phone: 707-771-0490

Email: gsc Cox@pacbell.net

Vacaville **Thursday 12:15pm** **Kaiser Hospital** 180

Address: 1 Quality Dr, Vacaville, CA 95688

Building/Room: Meet in the waiting area prior to getting a meeting room

Focus: Women's only meeting

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Valerie R.

Phone:

Email: 52valerie52@gmail.com

Contact:

Phone:

Email:

Vacaville

Thursday 7:00pm

Kaiser Hospital

293

Address: 1 Quality Dr, Vacaville, CA 95688

Building/Room: Bldg A, 1st Floor

Focus: How Was Your Week?

Note: behind Peets Coffee

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Brian P.

Phone: 707.689.8036

Email: lrvacaville@gmail.com

Contact:

Phone:

Email:

Vallejo

Friday 12:00pm

Kaiser CDRP

127

Address: 800 Sereno Dr., Vallejo, CA 94589

Building/Room:

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Terry H.

Phone:

Email: terryghill@att.net

Contact:

Phone:

Email:
