

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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service@lifering.org
1-800-811-4142



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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Santa Rosa Kaiser CDRP, WED 8:00pm Room L
How Was Your Week? 3554 Round Barn Blvd., Santa Rosa, CA 95401 Harry T., David M., liferingsr@gmail.com, 707-596-8860
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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,
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Mill Valley Recovery Without Walls, THU 6:15pm
How Was Your Week? 3 Madrona Street, Mill Valley, CA 94941 Stephanie S, stephsart@comcast.net,
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Vallejo Kaiser CDRP, FRI 12:00pm
How Was Your Week? 800 Sereno Dr., Vallejo, CA 94589 Terry H., terryghill@att.net,
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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,
 Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

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
