

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 Burlingame Library, MON 7:00pm Room 5
HWYW 480 Primrose Rd, Burlingame, CA 94010 Mary Beth, marybeth@lifering.org,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

San Francisco Kaiser CDRP, MON 7:15pm Room 5
HWYW 1201 Fillmore St, San Francisco, CA 94115 Jim V., jimvanover@sbcglobal.net, 415.515.0321
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

San Jose Kaiser, MON 7:30pm Building #23, Room #3
HWYW 5755 Cottle Rd., San Jose, CA 95123 Andre S, andre@lifering.org,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Tuesday

San Francisco Kaiser CDRP, TUE 1:00pm Room 8
HWYW 1201 Fillmore St., San Francisco, CA 94115 Jim V., jimvanover@sbcglobal.net, 415.515.0321
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Los Gatos LifeRing at Mission Oaks Hospital, TUE 7:30pm Elevator B to 2nd floor. Room 286
HWYW 15890 Almaden Rd, Los Gatos, CA 95032 Steve, steve@lifering.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Wednesday

San Francisco SF VAMC, WED 12:15pm Bldg 203, Rm GA-48
HWYW 4150 Clement St, San Francisco, CA 94121 Tonisa C., tclardy2002@gmail.com, 806.290.1293
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Mountain View LifeRing at El Camino Hospital, WED 7:30pm Park Pavilion (YMCA building), room 'L'
HWYW 2400 Grant Road, Mountain View, CA 94040 Rob A., liferingsj@gmail.com, 831-212-0297
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Thursday

San Bruno San Bruno VA Clinic, THU 12:00pm V.A. Clinic, 3rd Floor
HWYW 1001 Sneath Lane, San Bruno, CA 94066 Edward G., emg1946@comcast.net, 415-468-4814
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Friday

San Francisco Women's Building, FRI 6:00pm Room B
HWYW 3543 18th St, San Francisco, CA 94110 David H., davidh.lifering@gmail.com, (415) 651-4558
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Saturday

San Francisco San Francisco LGBT Community Center, SAT 10:00a Room 203, 2nd Floor
HWYW 1800 Market Street, San Francisco, CA 94102 Monica F, monica@pacetua.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

San Mateo Mills Peninsula Health Services, SAT 12:00pm 1st floor, The Garden Room
HWYW 100 S. San Mateo Dr, San Mateo, CA 94401 Dave B., ddbomgardner@sbcglobal.net, (650) 714-8872
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues