



Had Enough?

Sick and tired of being sick and tired? A new self-help support group is forming for people working on their recovery from problems with alcohol and/or drugs.

LifeRing

LifeRing is based on sobriety, secularity and self-help. We make sobriety our priority in everything we do. We don't do moderation or controlled drinking. We have a scientific, down-to-earth recovery attitude. We avoid religious and "spiritual" topics. The power to be clean and sober lies within each of us. We each take responsibility for our own recovery. We practice choice and initiative in building our personal sobriety program.

Day of Week:

Time:

Address:

Room:

For info, contact:

Sobriety Is Our Priority

LifeRing on the Net:

www.lifering.org

