

Having problems with alcohol or drugs?



LifeRing can help

- There comes a time when you know inside that you need to stop. Abstinence is easier when you have support from a peer group.
- LifeRing meetings are for people of all faiths and none. Religion is not part of the group process.
- You design your own personal recovery program based on your individual needs.

LifeRing meets at

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on at

For more information about LifeRing Secular Recovery go to www.unhooked.com or call the LifeRing Service Center at (510) 763-0779