

LifeRing Face-to-Face Meetings

10/13/2017

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

California

Alameda

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

Address: 1300 Grand St, Alameda, CA 94501 USA

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: lfrngary@gmail.com

Antioch

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

Address: 3454 Hillcrest Ave., Antioch, CA 94531 USA

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: Bob D.

Phone: 925.301.3277

Email: bob00driskell@gmail.com

Benicia

Benicia **Tuesday** **7:00pm** **St. Paul's Episcopal Church** 289

Address: 122 East J Street, Benicia, CA 94510 USA

Building/Room: Downstairs

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:

Email: denkst@gmail.com

Berkeley

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

Address: 2001 Dwight Way, Berkeley, CA 94704 USA

Building/Room: Basement Level A

Focus: How Was Your Week?

Note: Follow signs

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

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

Contact: Bill C.

Phone: 510.548.9111

Email: andreegraham@yahoo.com

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

Address: 2001 Dwight Way, Berkeley, CA 94704 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: Craig W.

Phone:

Email: cswalley@lifering.org

California

Burlingame

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

Address: 1501 Trousdale Dr., Burlingame, CA 94010 USA

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: Christine G.

Phone:

Email: christinegamba@live.com

Concord

Concord **Thursday** **7:00pm** **Center for Recovery** 264

Address: 2740 Grant Street, Concord, CA 94520 USA

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

Dublin

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

Address: 7421 Amarillo Rd., Dublin, CA 94568 USA

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

Fair Oaks

Fair Oaks **Saturday** **9:00am** **Fair Oaks Raley's** 411

Address: 4840 San Juan Ave, Fair Oaks, CA 95628 USA

Building/Room:

Focus: How Was Your Week?

Note: Sunset and San Juan

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Jody A.

Phone:

Email: saclifering@gmail.com

Folsom

Folsom **Monday** **4:00pm** **Kaiser Folsom** 8

Address: 2155 Iron Point Road, Folsom, CA 95630 USA

Building/Room: Room 201

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Harold M.

Phone: 916-947-1305

Email: saclifering@gmail.com

California

Folsom

Folsom **Thursday** **7:00pm** **Kaiser Folsom** 368

Address: 2155 Iron Point Road, Folsom, CA 95630 USA

Building/Room: 1st floor room across from vending machines

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Stan K.

Phone:

Email: stanistan@gmail.com

Forestville

Forestville **Sunday** **1:00pm** **Food For Thought** 76

Address: 6550 Railroad Ave, Forestville, CA 95436 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: David V.

Phone: 707-596-8860

Email: liferingsr@gmail.com

Fresno

Fresno **Monday** **6:30pm** **Kaiser Permanente Medical Center** 131

Address: 7300 N. Fresno St, Fresno, CA 93720 USA

Building/Room: 3rd floor Wawona room

Focus: How Was Your Week?

Note: Located between Herndon & Alluvial

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

Local LifeRing Website:

Contact: Jim B.

Phone:

Email: jim-bat@pacbell.net

Fresno **Wednesday** **8:00pm** **Fresno Kaiser CDRP** 80

Address: 4785 North 1st St., Fresno, CA 93726 USA

Building/Room: 4th floor Conference room

Focus: How Was Your Week?

Note:

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

Local LifeRing Website:

Contact: Tony W.

Phone:

Email: twilhelm@extremecom3.com

Fresno **Thursday** **8:00pm** **Kaiser Permanente Medical Center** 301

Address: 7300 N. Fresno St, Fresno, CA 93720 USA

Building/Room: 3rd floor in the Sierra Conference Room

Focus: How Was Your Week?

Note: Located between Herndon & Alluvial

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

Local LifeRing Website:

Contact: David Roberts

Phone: 559.213.0098

Email: profilesplus@sbcglobal.net

California

Hayward

Hayward **Thursday** **12:30pm** **Aldon Oliver Sports Park** 151

Address: 2580 Eden Park Pl, Hayward, CA 94587 USA

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., Jacqueline R.

Phone:

Email: starke49@pacbell.net, jaykr@att.net

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

Address: 27287 Patrick Ave, Hayward, CA 94544 USA

Building/Room: 2nd Floor

Focus: How Was Your Week?

Note:

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

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

Contact: Danilo P

Phone:

Email: pantopop@gmail.com

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

Address: 27287 Patrick Ave, Hayward, CA 94544 USA

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

Healdsburg

Healdsburg **Tuesday** **7:00pm** **Good Shepherd Lutheran Church** 217

Address: 1402 University Street, Healdsburg, CA 95448 USA

Building/Room: Conference Room

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: http://liferingsr.org

Contact: Chris L.

Phone: 707-566-8790

Email: chris@chrislamela.com

Lagunitas

Lagunitas **Sunday** **10:00am** **Sunday Morning at Lagunitas** 170

Address: 390 Cintura Ave, #3, Lagunitas, CA 94938 USA

Building/Room:

Focus: How Was Your Week?

Note: every-other Sunday meeting, RSVP (415)747-5709 by Friday night

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

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

Contact: Coby S

Phone: 415.747.5709

Email: cobysmolens@gmail.com

California

Livermore

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

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

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

Martinez

Martinez **Wednesday** **7:00pm** **Veteran's Hospital** 251

Address: 150 Muir Road, Martinez, CA 94553 USA

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

Mill Valley

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

Address: 3 Madrona Street, Mill Valley, CA 94941 USA

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: Peter D.

Phone:

Email: peterbuilt@pacbell.net

Oakland

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

Address: 969 Broadway, Oakland, CA 94607 USA

Building/Room: Group Room 3

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

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

Address: 3100 Summit St., Oakland, CA 94609 USA

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

California

Oakland

Oakland **Wednesday** **12:30pm** **Kaiser CDRP** 196

Address: 969 Broadway, Oakland, CA 94607 USA

Building/Room: Group Room 5

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: Craig W

Phone:

Email: cswhalley@lifering.org

Oakland **Thursday** **6:45pm** **Kaiser CDRP** 104

Address: 969 Broadway, Oakland, CA 94607 USA

Building/Room: Group Room 9

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: Marilyn K.

Phone:

Email: service@lifering.org

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

Address: 969 Broadway, Oakland, CA 94607 USA

Building/Room: Group Room 7

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: Gloria C

Phone:

Email:

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

Address: 3600 Broadway, Oakland, CA 94611 USA

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

Pacifica

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

Address: 1809 Palmetto Ave., Pacifica, CA 94044 USA

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: Scott H.

Phone:

Email: LifeRingScott@gmail.com

California

Petaluma

Petaluma **Tuesday** **7:30pm** **Olympia House, Tus** 50

Address: 11207 Valley Ford Rd., Petaluma, CA 94952 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: John H

Phone: 707-596-8860

Email: liferingsr@gmail.com

Placerville

Placerville **Sunday** **5:00pm** **Here & Tao Hypnotherapy** 300

Address: 419 Main Street, Placerville, CA 95667 USA

Building/Room: Suite 318

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Ben

Phone:

Email: saclifering@gmail.com

Roseville

Roseville **Tuesday** **5:00pm** **Roseville Raley's** 340

Address: 1915 Douglas Blvd., Roseville, CA 95661 USA

Building/Room: meeting is inside the store near the magazines in the event center

Focus:

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Brady F.

Phone: 831-214-3500

Email: bradybehrlr@Yahoo.com

Roseville **Sunday** **10:00am** **Roseville Raley's** 412

Address: 1915 Douglas Blvd., Roseville, CA 95661 USA

Building/Room: meeting is inside the store near the magazines in the event center

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Harold M.

Phone:

Email: saclifering@gmail.com

Sacramento

Sacramento **Monday** **4:15pm** **Strategies for Change South** 337

Address: 4343 Williamsborough Drive, Sacramento, CA 95823 USA

Building/Room:

Focus: Meetings may have a Child Protective Services Orientation

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change South *Phone:* (916) 395-3552

Email: saclifering@gmail.com

California

Sacramento

Sacramento **Monday** **9:00qm** **Strategies for Change North** 426

Address: 4441 Auburn Blvd, Ste E, Sacramento, CA 95841 USA

Building/Room: Conf Room

Focus:

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change North *Phone:* (916) 473-5764

Email: saclifering@gmail.com

Sacramento **Tuesday** **4:15pm** **Strategies for Change South** 427

Address: 4343 Williamsborough Drive, Sacramento, CA 95823 USA

Building/Room:

Focus: Meetings may have a Child Protective Services Orientation

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change South *Phone:* (916) 395-3552

Email: saclifering@gmail.com

Sacramento **Tuesday** **7:30pm** **Kaiser Watt** 383

Address: 2829 Watt Blvd., Sacramento, CA 95821 USA

Building/Room: Suite 150, Room 2

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Stan K

Phone:

Email: stanistan@gmail.com

Sacramento **Tuesday** **7:30pm** **Kaiser South** 1

Address: 8247 E. Stockton Blvd, Sacramento, CA 95828 USA

Building/Room: Room 3

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Staff

Phone:

Email: saclifering@gmail.com

Sacramento **Wednesday** **5:30pm** **Kaiser Wyndham** 451

Address: 7300 Wyndham Dr, Sacramento, CA 95823 USA

Building/Room: Second Floor, Room 3

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: staff

Phone:

Email: saclifering@gmail.com

Sacramento **Wednesday** **9:00am** **Strategies for Change North** 423

Address: 4441 Auburn Blvd, Ste E, Sacramento, CA 95841 USA

Building/Room: Conf Room

Focus:

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change North *Phone:* (916) 473-5764

Email: saclifering@gmail.com

California

Sacramento

Sacramento **Thursday** **6:30am** **Reason Center** 187

Address: 1824 Tribute Road, Suite A, Sacramento, CA 95815 USA

Building/Room:

Focus: How Was Your Week?

Note: Call first for meeting info

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Bob O.

Phone: 916-969-6990

Email: bobomohundro@yahoo.com

Sacramento **Thursday** **7:00pm** **Kaiser South** 380

Address: 8247 E. Stockton Blvd, Sacramento, CA 95828 USA

Building/Room: Room 3

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Terrance D.

Phone:

Email: saclifering@gmail.com

Sacramento **Thursday** **9:00am** **Strategies for Change North** 424

Address: 4441 Auburn Blvd, Ste E, Sacramento, CA 95841 USA

Building/Room: Conf Room

Focus:

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change North

Phone: (916) 473-5764

Email: saclifering@gmail.com

Sacramento **Friday** **4:25pm** **Strategies for Change South** 338

Address: 4343 Williamsborough Drive, Sacramento, CA 95823 USA

Building/Room:

Focus: Meetings may have a Child Protective Services Orientation

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Strategies for Change South

Phone: (916) 395-3552

Email: saclifering@gmail.com

Sacramento **Friday** **5:30pm** **Kaiser Wyndham** 421

Address: 7300 Wyndham Dr, Sacramento, CA 95823 USA

Building/Room: Wyndham Building, Second Floor, Room 3

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Lisa J.

Phone:

Email: liferingsouthsac@yahoo.com

Sacramento **Friday** **6:00pm** **Natomas Raley's** 432

Address: 4650 Natomas Blvd, Sacramento, CA 95835 USA

Building/Room: Event Center Inside next to the pharmacy

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Buzz

Phone:

Email: saclifering@gmail.com

California

Sacramento

Sacramento **Sunday** **11:00am** **Natomas Raley's** 13

Address: 4650 Natomas Blvd, Sacramento, CA 95835 USA

Building/Room: Event Center Inside next to the pharmacy

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Staff

Phone:

Email: saclifering@gmail.com

San Bruno

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

Address: 1001 Sneath Lane, San Bruno, CA 94066 USA

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

San Diego

San Diego **Monday** **12:00pm** **True Life Center** 89

Address: 4520 Executive Drive, Suite 225, San Diego, CA 92121 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

Local LifeRing Website:

Contact: Ryan O

Phone:

Email: jryanosh@yahoo.com

San Diego **Monday** **7:00pm** **St Timothy's Episcopal Church** 298

Address: 10125 Azuaga St., San Diego, CA 92129 USA

Building/Room:

Focus: How Was Your Week?

Note: Down the breezeway, second door on the left

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

Local LifeRing Website:

Contact: Greg H.

Phone:

Email: lsrgregh@gmail.com

San Diego **Wednesday** **6:00pm** **Lasting Recovery** 121

Address: 6046 Cornerstone Ct W, San Diego, CA 92121 USA

Building/Room:

Focus: How Was Your Week?

Note: Dial #113 if late

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

Local LifeRing Website:

Contact: Dave I.

Phone:

Email: liferingsandiego@gmail.com

California

San Diego

San Diego **Wednesday** **7:30pm** **St. Timothy's Episcopal Church** 297

Address: 10125 Azuaga St., San Diego, CA 92129 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

Local LifeRing Website:

Contact: Greg H.

Phone:

Email: lsrgreg@yaho.com

San Diego **Thursday** **6:30pm** **North Park Behavioral Health Center** 183

Address: 2136 El Cajon Blvd., San Diego, CA 92104 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

Local LifeRing Website:

Contact: Rob M.

Phone:

Email: liferingsandiego@gmail.com

San Diego **Sunday** **6:00pm** **Lasting Recovery** 65

Address: 6046 Cornerstone Ct W, San Diego, CA 92121 USA

Building/Room:

Focus: Workbook meeting

Note: Dial #113 if late

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

Local LifeRing Website:

Contact: Leigh J.

Phone:

Email: liferingsandiego@gmail.com

San Francisco

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

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

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

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

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

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

California

San Francisco

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

Address: 4150 Clement St, San Francisco, CA 94121 USA

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: tclardy2002@gmail.com

San Francisco **Friday** **6:00pm** **Sessions (the former Alano Club)** 372

Address: 1748 Market St., Ste. 202, San Francisco, CA 94102 USA

Building/Room: Room 1

Focus: Workbook Meeting

Note: Workbook Meeting

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

San Francisco **Saturday** **10:00am** **Sessions (the former Alano Club)** 207

Address: 1748 Market Street, Suite 202, San Francisco, CA 94102 USA

Building/Room: Room 1

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

San Francisco **Sunday** **10:00am** **Sessions (the former Alano Club)** 331

Address: 1748 Market St., Ste 202, San Francisco, CA 94102 USA

Building/Room: Room 1

Focus: How Was Your Week?

Note:

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

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

Contact:

Phone:

Email:

San Jose

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

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

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

California

San Jose

San Jose **Tuesday** **7:30pm** **Humanist House** 179

Address: 1180 Coleman Ave, San Jose, CA 95110 USA

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

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

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

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

San Leandro

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

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

Building/Room: Room A-12 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

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

Address: 911 Dowling Boulevard, San Leandro, CA 94577 USA

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: lrsanleandro@gmail.com

San Mateo

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

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

Building/Room: 4th floor Millennium 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: betsyawn@aol.com

California

San Rafael

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

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

Building/Room: Meeting Room

Focus: How Was Your Week?

Note:

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

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

Contact: Bryan C.

Phone: 415.450.5376

Email: bcca@chevron.com

San Rafael **Wednesday** **6:15pm** **San Rafael Kaiser CDU** 134

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

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: Steve B.

Phone: (415) 320-2181

Email: sberkley@me.com

San Rafael **Friday** **6:15pm** **San Rafael Kaiser CDU** 315

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

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: Dominique K

Phone:

Email: hdlite@att.net

Santa Rosa

Santa Rosa **Monday** **7:30pm** **UNITARIAN CHURCH** 2

Address: 547 Mendocino Ave, Santa Rosa, CA 95401 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: GARY W.

Phone: 707-596-8860

Email: liferingsr@gmail.com

Santa Rosa **Thursday** **7:00pm** **Unitarian Universalist Church** 36

Address: 547 Mendocino Ave, Santa Rosa, CA 95401 USA

Building/Room: classroom #2

Focus: How Was Your Week?

Note:

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

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

Contact: Todd W.

Phone: 707-596-8860

Email: liferingsr@gmail.com

California

Santa Rosa

Santa Rosa **Friday** **1:30pm** **Interlink Self Help Center** 48

Address: 1033 4th St., Santa Rosa, CA 95404 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: Quinton H.

Phone: 707-596-8860

Email: liferingsr@gmail.com

Sebastopol

Sebastopol **Tuesday** **7:00pm** **St. Stephen's Episcopal church** 136

Address: 500 Robinson Rd., Sebastopol, CA 95472 USA

Building/Room:

Focus: How Was Your Week?

Note:

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

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

Contact: Eric F.

Phone: 707-596-8860

Email: liferingsr@gmail.com

Union City

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

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

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

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

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

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

Vacaville

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

Address: 1 Quality Dr, Vacaville, CA 95688 USA

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

California

Vacaville

Vacaville **Thursday** **7:00pm** **Kaiser Hospital** 293

Address: 1 Quality Dr, Vacaville, CA 95688 USA

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

Vallejo

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

Address: 800 Sereno Dr., Vallejo, CA 94589 USA

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: Darren M.

Phone:

Email: dginam@aol.com

Vallejo **Friday** **12:00pm** **Kaiser CDRP** 127

Address: 800 Sereno Dr., Vallejo, CA 94589 USA

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

Walnut Creek

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

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

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

Walnut Creek **Wednesday** **12:15pm** **Kaiser Medical Center** 329

Address: 710 South Broadway, Walnut Creek, CA 94596 USA

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

California

Walnut Creek

Walnut Creek **Thursday** **7:30pm** **Mt. Diablo UU Church** 198

Address: 55 Eckley Lane, Walnut Creek, CA 94596 USA

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

Walnut Creek **Friday** **12:15pm** **Kaiser Medical Center** 399

Address: 710 South Broadway, Walnut Creek, CA 94596 USA

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

West Sacramento

West Sacramento **Saturday** **11:00am** **LifeRing Meeting** 88

Address: 1399 Sacramento Ave, West Sacramento, CA 95605 USA

Building/Room: Westwind Estates Clubhouse

Focus: How Was Your Week?

Note:

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

Local LifeRing Website: <http://www.liferingsacramento.org/>

Contact: Forrest G.

Phone:

Email: forrest.gardens@att.net
