

# LifeRing Face-to-Face Meetings

8/22/2017

For additions or changes, please contact the LifeRing Service Center at 1-800-811-4142 or [service@lifering.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:saclifering@gmail.com)

# California

## Folsom

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**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](mailto:stanistan@gmail.com)

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## Forestville

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**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](mailto:liferingsr@gmail.com)

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## Fresno

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**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](mailto:jim-bat@pacbell.net)

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**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](mailto:twilhelm@extremecom3.com)

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**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](mailto:profilesplus@sbcglobal.net)

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# California

## Glen Ellen

**Glen Ellen**      **Monday**      **4:15pm**      **Mountain Vista Farm**      47

*Address:* 3020 Warm Springs Rd, Glen Ellen, CA 95442 USA

*Building/Room:* Main Building - Meeting Room

*Focus:* How Was Your Week?

*Note:*

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

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

*Contact:* Dennis S.

*Phone:*

*Email:* [liferingsr@gmail.com](mailto:liferingsr@gmail.com)

## 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](mailto:starke49@pacbell.net), [jaykr@att.net](mailto: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](mailto: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:* 510-432-1647

*Email:* [arthurdonaldsalazar53@gmail.com](mailto: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](mailto:chris@chrislamela.com)

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# California

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## Lagunitas

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**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](mailto:cobysmolens@gmail.com)

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## Livermore

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**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](mailto:geoff.lane.phd@gmail.com)

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## Martinez

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**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](mailto:d5n@aol.com)

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## Mill Valley

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**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](mailto:peterbuilt@pacbell.net)

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## Oakland

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**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](mailto:woodsumconstructioninc@gmail.com)

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# California

## Oakland

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**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](mailto:liisapine@gmail.com)

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**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](mailto:cswhalley@lifering.org)

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**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](mailto:service@lifering.org)

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**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:*

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**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](mailto:jra8300@sbcglobal.net)

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# California

## 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](mailto:LifeRingScott@gmail.com)

## 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](mailto: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](mailto: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](mailto: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](mailto:saclifering@gmail.com)

# California

## Sacramento

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:stanistan@gmail.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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# California

## Sacramento

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**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](mailto:saclifering@gmail.com)

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**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](mailto:bobomohundro@yahoo.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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**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](mailto:liferingsouthsac@yahoo.com)

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# California

## Sacramento

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**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](mailto:saclifering@gmail.com)

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**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](mailto:saclifering@gmail.com)

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## San Bruno

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**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](mailto:emg1946@comcast.net)

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## San Diego

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**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](mailto:jryanosh@yahoo.com)

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**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:* [lsgreggh@gmail.com](mailto:lsgreggh@gmail.com)

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# California

## San Diego

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**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](mailto:liferingsandiego@gmail.com)

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**San Diego**      **Wednesday**      **7:30pm**      **Unity Center**      297

*Address:* 8999 Activity Rd., San Diego, CA 92121 USA

*Building/Room:* Conference Room

*Focus:* How Was Your Week?

*Note:* Enter at Administration doorway. In Conference Room across the hall to the left.

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

*Local LifeRing Website:*

*Contact:* Greg H.

*Phone:*

*Email:* [lsrgreg@yaho.com](mailto:lsrgreg@yaho.com)

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**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](mailto:liferingsandiego@gmail.com)

## San Francisco

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**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:* [jjmvanover@sbcglobal.net](mailto:jjmvanover@sbcglobal.net)

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**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:* [jjmvanover@sbcglobal.net](mailto:jjmvanover@sbcglobal.net)

# California

## San Francisco

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**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](mailto:tclardy2002@gmail.com)

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**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](mailto:davidh.lifering@gmail.com)

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**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](mailto:monica@pacetua.com)

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**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:*

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## San Jose

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

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

*Building/Room:* Building #3, 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](mailto:byron@lifering.org)

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# California

## San Jose

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**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](mailto:byron@lifering.org)

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**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:* [bykerr@lifering.org](mailto:bykerr@lifering.org)

## San Leandro

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**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](mailto:bigox54@sbcglobal.net)

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**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](mailto:lrsanleandro@gmail.com)

## San Mateo

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**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:* [betsyyawn@aol.com](mailto:betsyyawn@aol.com)

# California

## San Rafael

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**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](mailto:bcca@chevron.com)

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**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](mailto:sberkley@me.com)

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**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](mailto:hdlite@att.net)

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## Santa Rosa

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**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](mailto:liferingsr@gmail.com)

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**Santa Rosa**      **Wednesday**      **8:00pm**      **Kaiser CDRP**      15

*Address:* 3554 Round Barn Blvd., Santa Rosa, CA 95403 USA

*Building/Room:* 2nd Floor, Rm H

*Focus:* How Was Your Week?

*Note:*

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

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

*Contact:* D'Anne

*Phone:* 707-596-8860

*Email:* [liferingsr@gmail.com](mailto:liferingsr@gmail.com)

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# California

## Santa Rosa

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**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](mailto:liferingsr@gmail.com)

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**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](mailto:liferingsr@gmail.com)

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## Sebastopol

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**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](mailto:liferingsr@gmail.com)

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## Union City

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

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

*Building/Room:* Building B, 2nd 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](mailto:cshappraisals@gmail.com)

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

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

*Building/Room:* Building B, 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](mailto:timothybliss@comcast.net)

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# California

## Vacaville

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**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](mailto:lrvacaville@gmail.com)

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**Vacaville**      **Thursday**      **12:15pm**      **Kaiser Hospital**      180

*Address:* 1 Quality Dr, Vacaville, CA 95688 USA

*Building/Room:* 2nd Floor A 27 Rm 3

*Focus:*

*Note:* Women's only meeting

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

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

*Contact:* Valerie R.

*Phone:*

*Email:* [52valerie52@gmail.com](mailto:52valerie52@gmail.com)

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**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](mailto:lrvacaville@gmail.com)

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## Vallejo

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**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](mailto:dginam@aol.com)

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**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](mailto:terryghill@att.net)

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# California

## Walnut Creek

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**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](mailto:mcpeakrs@comcast.net)

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**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](mailto:mosleyldance@yahoo.com)

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**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](mailto:arnoldpustilnik@yahoo.com)

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**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](mailto:mosleyldance@yahoo.com)

## West Sacramento

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**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](mailto:forrest_gardens@att.net)