



**Yes, I want to get clean and sober  
Yes, I want a support group  
But where can I find an alternative  
to the 12-Step approach?**

## **New Meeting**

# **LifeRing**

## **Secular Recovery**



**Day:**

**Time:**

**Address:**

**Room:**

**Contact:**

LifeRing Secular Recovery works by providing group support for your own inner desire to get clean and sober. You CAN overcome your urges and cravings and learn to lead an independent, productive life. You CAN build a sobriety program that works for you and keeps you in charge. You are the author and the judge of your own recovery. Everyone welcome. Cross-talk allowed.

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**LifeRing Recovery on the Net:**

**[www.unhooked.com](http://www.unhooked.com)**