

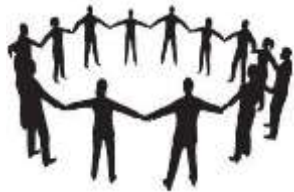
LifeRing Focus Meetings

LifeRing focus meetings are growing! Have a look at this group of meetings for people in recovery who face additional challenges.



[Co-occurring Disorders](#)

The Co-occurring Disorders are LifeRing focus meetings built on the HWYW platform and tailored to people in recovery with co-occurring disorders including alcohol and other substance disorders and mental and emotional health issues.



[Friends & Family](#)

The Family & Friends meeting is open exclusively to LifeRing friends and family and to people curious about LifeRing Secular Recovery. This is a monthly focus meeting where LifeRing's 3-S philosophy, personal recovery plan, meeting format, and written materials are presented. Following the presentation, the meeting is open for questions and discussions.



[LGBTQIA+: Come Out and Recover](#)

LGBTQIA+ & Friends -- "Come Out and Recover" is a safe space for those with varying sexual and/or gender identities to be witnessed, heard, and accepted by a community of supportive and diverse individuals in recovery. This weekly meeting is open to everyone who is a part of or who wants to support this amazing community.



[The Liver Spot](#)

The Liver Spot is a LifeRing focus meeting built on the "How Was Your Week" (HWYW) format and tailored to folks who are experiencing health issues resulting from substance use disorders. The Liver Spot weekly meeting is not limited to those with medical conditions—this meeting is open to all.



[Recovery and Mindful Eating](#)

Recovery and Mindful Eating is LifeRing's first focus meeting for people who also struggle with eating disorders. This goal-motivated meeting offers people a safe place to come and share their recovery from drugs and alcohol and hare their struggles with food.



[Spanish-Speakers](#)

This focus meeting addresses and accommodates the specific cultural and linguistic needs that are unique to the Latin American population, regardless of current geographical location. This meeting is open to any Spanish-speaking people seeking substance use recovery support.



[Veterans in Recovery](#)

Veterans in Recovery is a closed meeting and attendance is reserved exclusively for veterans and active-duty personnel.



[LifeRing Women](#)

LifeRing Women in Recovery meetings explore the world of sobriety within a community of supportive women-identifying persons.