

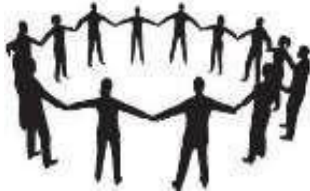
LifeRing Focus Meetings

LifeRing Focus meetings bring together specific communities of individuals with commonalities that may not be adequately represented in LifeRing general meetings. Click on the titles below for more information about these unique meetings.



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.



Family & Friends Introduction to LifeRing

The Introduction Meeting is open 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.



Friends & Family Weekly Meeting

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.



Men's Meeting

The LifeRing Men's Meeting invites all those who define themselves as men to come and support each other in recovery. To explore our unique weaknesses, and our unique strengths. To see sobriety through the lens of expectations that have been placed on us as fathers, sons, poets, warriors, husbands, businessmen, caregivers, athletes, etc.



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 share their struggles with food.



Sober After Sixty-Something (SASS)

Sober After Sixty-Something is a focus meeting for people over 60 who want to share the challenges and victories unique to their age group.



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-speakers seeking recovery support.



Veterans in Recovery

Veterans in Recovery provides a safe space for veterans and allies to explore their own recovery pathways in a setting with others with similar living experiences.



Warriors Workshop for Veterans

Warriors Workshop for Veterans is open to veterans, active-duty personnel, and friends. This is our newest focus meeting for veterans and is convened by a retired US Paratrooper.



LifeRing Women

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