

# THE LIVER SPOT

— COMMUNITY —

## SUPPORT FROM A PATIENT'S PERSPECTIVE

The Liver Spot is a welcoming, judgment-free space where patients come together to ask questions, share insights, and learn from those walking the same path.

This is an authentic lifeline where members don't just sympathize with your diagnosis—we truly understand it from the inside out.

### We Do Brave Things Here.



#### THE LIVER SPOT

Open to everyone at any stage of liver health. This is a space for authentic connection focusing on real talk, shared experiences, and patient-centered support.



#### WEDNESDAYS

5:30pm Pacific



#### THE LIVER SPOT *en Español* | EL PUNTO DE HÍGADO

Un espacio en línea dedicado a pacientes hepáticos de habla hispana para compartir sus experiencias, su salud y su esperanza.



#### MONDAYS

5:30pm Pacific



#### THE LIVER SPOT POST-OP

Focus meeting for liver post-transplant patients. This is a safe space to navigate the emotional and medical complexities of life after surgery.



#### TUESDAYS

5:30pm Pacific



#### THE LIVER SPOT | X Y Z

Specifically for younger liver patients. Participants share insights and resources to promote informed, effective strategies to thrive.



#### FRIDAYS

5:30pm Pacific



### JOIN US!

Scan the QR code to learn more and join a meeting.



THE LIVER SPOT COMMUNITY  
Powered by LifeRing Secular Recovery  
*Stronger Together.*



SAFE SPACE



SHARED EXPERIENCES



REAL SUPPORT