



# LifeRing

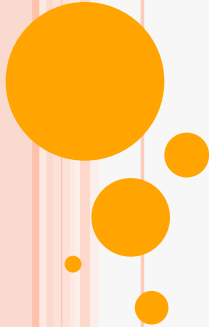
## **IN-PERSON MEETINGS**

Building up meeting attendance  
and group participation

**June 4th 2022**

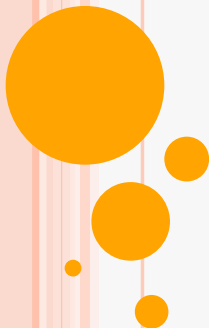
**Robert Stump**

**Lisa Swing-Corney**



## **HISTORY OF IN-PERSON MEETINGS**

**Location, location, location**



## INCREASING ATTENDANCE

Meeting Practices

Word of Mouth

General Outreach

Professional Outreach



## MEETING PRACTICES TO BUILD ATTENDANCE

Meet Consistently

Greeter

Introductions

Remember Details Or Cheat



## PRACTICES TO INCREASE GROUP PARTICIPATION

Encourage Group Ownership

Additional Activities

Flexibility

Contact Info

Word of Mouth

# GENERAL OUTREACH



## Reach Out To Your Regional Representative

They can help with:

- ❖ Ideas
- ❖ Materials
  - they can arrange additional discount in some cases
- ❖ Additional Resources



# Regional Representative Contact Information

## In-Person and Hybrid Meetings

- ❖ California: Chris Smith, [liferingcalifornia@lifering.org](mailto:liferingcalifornia@lifering.org)
- ❖ Colorado Contact: Kathleen  
[Garganliferingcolorado@gmail.com](mailto:Garganliferingcolorado@gmail.com)
- ❖ Remainder of the US: Lisa Swing-Corney,  
[frontier\\_coordinator@lifering.org](mailto:frontier_coordinator@lifering.org)
- ❖ Outside the US: [internationalcoordinator@lifering.org](mailto:internationalcoordinator@lifering.org)

<https://lifering.org/convenor-menu/regional-representative/>

## Old School Pound the Pavement

- ❖ Post Fliers Or Place  
Pamphlets In Public Places
  - Libraries
  - Community centers
  - Free local newspapers
  - ??

# ELECTRONIC

- ❖ Local 211
- ❖ Local community calendars
- ❖ Patch(free?)
- ❖ Nextdoor(free?)
- ❖ Meet up (not free)
- ❖ TV and radio
- ❖ Google events?
- ❖ ??



Ongoing listings needs to be changed if meeting details change



## AKRON'S 211 LISTING

### LIFERING SECULAR RECOVERY

ADDICTIONS/SUBSTANCE USE DISORDER SUPPORT GROUPS

*Offers in-person and online support groups to individuals who want to get and stay free from alcohol and drug use disorders. The group does not use the 12-step program, but provides peer support and tools to help individuals build and maintain their ...*

Confidential Address | (234) 200-5770

[Close Details](#)

[parent/agency](#) [email/text](#)

#### Services: Alcohol Use Disorder Support Groups

(234) 200-5770 Cell Local voice or text

(800) 811-4142 Toll-Free

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

[lifering.org](http://lifering.org)

**SERVICE DESCRIPTION** Offers in-person and online support groups to individuals who want to get and stay free from alcohol and drug use disorders. The group does not use the 12-step program, but provides peer support and tools to help individuals build and maintain their own personal recovery program.

**INTAKE PROCEDURE** For local updates visit <http://liferingakron.yolasite.com>, email [liferingakron@gmail.com](mailto:liferingakron@gmail.com), call or text 234-200-5770.

**FEES** Free.

**ELIGIBILITY** Open to all seeking recovery from alcohol and non-medically indicated drugs, including those who have chosen to include MAT in their Personal Recovery Plans.

**HOURS** Varies. Visit the website for more information on local and Internet meetings.

**LANGUAGES OTHER THAN ENGLISH** None.

**DOCUMENTS REQUIRED** None.

**SITE HOURS** Varies.

**ACCESSIBILITY** Not Applicable

**Services:** Alcohol Use Disorder Support Groups, Drug Use Disorder Support Groups, Internet Support Groups for Alcohol Use Disorder Issues, Internet Support Groups for Drug Use Disorder Issues

211s are all  
local or  
regional.  
We can offer  
parent  
organization  
info

[Akron LifeRing 211](#)




# PROFESSIONAL OUTREACH



## Reach Out To Your Regional Representative

They can help with:

- ❖ Ideas
  - ❖ Materials
    - they can arrange additional discount in some cases
  - ❖ Additional Resources
- 



Tuesday @ 7pm and Thursday @ 6pm Firestone Park Community Center 1480 Girard St. Akron 44301  
 Wednesday @ 6pm St John's Recovery Center 1034 Brown St, Akron, OH 44301  
 Contact: Lisa S 234-200-5770 LisaS@LifeRing.org

Online meetings and a 24/7 chatroom can be found on the LifeRing website: [www.lifering.org](http://www.lifering.org)

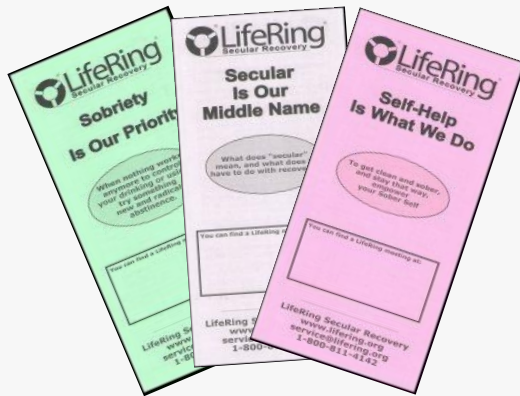
- All LifeRing groups are based on complete abstinence from alcohol and other non-medically indicated drugs.
- We are supportive of members appropriately taking medically-indicated psycho-active medications prescribed by an informed professional - this includes MAT and pain management medications.
- LifeRing groups include people without distinction as to "drug of choice," the same as most modern treatment programs
- LifeRing groups provide peer support. Discussion centers on current life issues ("How Was Your Week?") and on meeting recovery challenges in the week ahead.
- LifeRing takes a secular approach to recovery. Meetings are free of religious practices and end with a mutual round of applause.
- We are not anti-religion. We respect each individual's personal religious or spiritual beliefs or lack thereof and support how members incorporate this into staying clean and sober.
- We encourage each participant to work out their own particular path and to use the group process as a workshop for that purpose. Many LifeRing members attend other kinds of meetings or recovery programs, and we honor those decisions.
- LifeRing meetings are free. A basket is usually passed for voluntary contributions to defray expenses, but there is no charge to participate.
- We publish a workbook, "Recovery By Choice", as a tool for building one's Personal Recovery Program.

Mondays @ 6:30 pm Hope Recovery Center (HRC) 200 Highland Dr Medina OH  
 Contact: Susan W 330 416 3037

## Customizable

Can be provided in any format you're comfortable with.

Local meeting information can be added at the top and/or bottom



Download PDFs



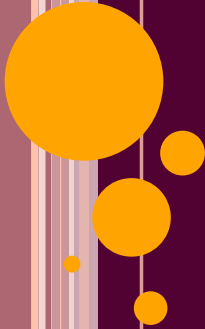
Customize with your meeting information





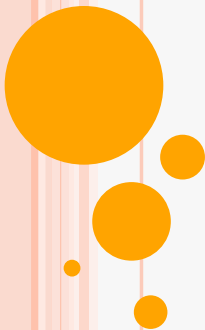
# Coming Soon

## PROFESSIONAL OUTREACH WEBSITE PAGE



# INTRODUCING EVENT KITS


OFFERED AT A TREMENDOUS DISCOUNT





# OTHER RESOURCES

## SPEAKERS BUREAU

- ❖ Offer a group workshop at least once a year for speaking on behalf of LifeRing
  - ❖ Be available to work with any member speaking on behalf of LifeRing to develop a presentation and/or to practice that presentation
  - ❖ Standard LifeRing powerpoint presentations are available
- 

# ONLINE MEETINGS

## Online Meetings - LifeRing Secular Recovery



### LifeRing Meetings

**HWYW Meetings:** How Was Your Week? is a weekly check-in meeting.

**Workbook Meetings:** Using the "Recovery by Choice" workbook.

**Topic Meetings:** As decided by the Convenor and/or participants.

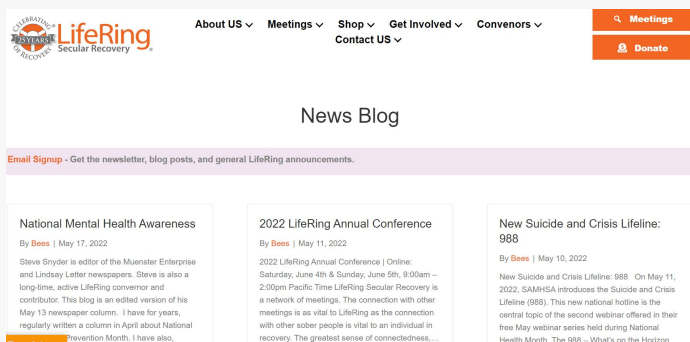
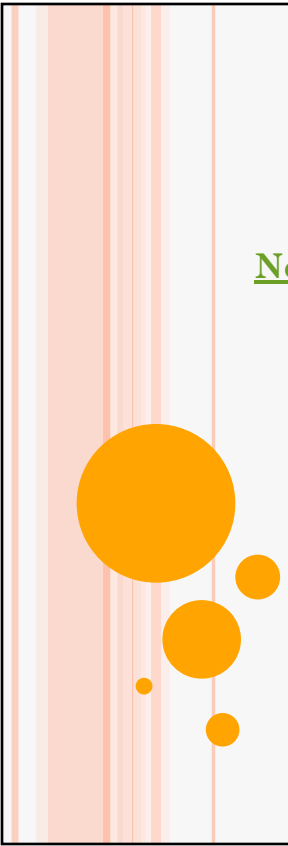
**Friends & Family:** Meetings for people with someone in recovery they care about.

**Focus Meetings:** Meetings for people in recovery who are also in unique subgroups.

**Co-Occurring Disorder Meetings:** People who have substance use disorders, as well as mental health disorders and are diagnosed as having co-occurring disorders, or dual diagnosis.

# LIFERING BLOG

## News Blog - LifeRing Secular Recovery



**LifeRing Secular Recovery** | [About US](#) | [Meetings](#) | [Shop](#) | [Get Involved](#) | [Convenors](#) | [Meetings](#) | [Donate](#)

### News Blog

**Email Signup** - Get the newsletter, blog posts, and general LifeRing announcements.

#### National Mental Health Awareness

By Bees | May 17, 2022

Steve Snyder is editor of the Muenster Enterprise and Lindsay Letter newspapers. Steve is also a long-time, active LifeRing convenor and contributor. This blog is an edited version of his May 13 newspaper column. I have for years, regularly written a column in April about National Prevention Month. I have also,

#### 2022 LifeRing Annual Conference

By Bees | May 11, 2022

2022 LifeRing Annual Conference | Online: Saturday, June 4th & Sunday, June 5th, 9:00am – 2:00pm Pacific Time LifeRing Secular Recovery is a network of meetings. The connection with other meetings is as vital to LifeRing as the connection with other sober people is vital to an individual in recovery. The greatest sense of connectedness,...

#### New Suicide and Crisis Lifeline: 988

By Bees | May 10, 2022

New Suicide and Crisis Lifeline: 988 On May 11, 2022, SAMHSA introduces the Suicide and Crisis Lifeline (988). This new national hotline is the central topic of the second webinar offered in their free May webinar series held during National Health Month. The 988 – What's on the Horizon