

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. Cross-talk is highly encouraged in these meetings
- 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**, however, donations are always needed:
  - For **In-Person Meetings**, a basket is usually passed for voluntary contributions to defray expenses, but there is no charge to participate.
  - For **Online Meetings** please reference the donation page at <https://lifering.org/donate/>

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- We publish a workbook, "**Recovery By Choice**", as a tool for building one's Personal Recovery Program (PRP).

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