

Alternative Recovery

- ✓ YES, you can get clean and sober
- ✓ YES, you can have a support group
- ✓ YES, there is an alternative to the 12-Step approach

New Meeting

Friday nights, 7:30—8:30 pm
At Kaiser Terra Linda
99 Montecillo
Med. Off. Bldg. One
Conf. Room E

Start the weekend sober with Marin's first meeting of LifeRing Secular Recovery (LSR). We offer group support for staying off alcohol and/or drugs, without higher powers, steps, sponsors or prayers. A positive, non-punitive approach, effective for thousands since 1985. Groups active every day in Oakland, Berkeley, Richmond, Walnut Creek, San Francisco. Now also in Marin. Contact LSR Service Center 510-763-0779 or www.unhooked.com.



LifeRing
Secular Recovery
Empower your sober self

LifeRing Recovery on the 'Net:
www.unhooked.com
Meeting directions are at www.unhooked.com/sanrafael

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