



LifeRing
Secular Recovery
Service Center

"To Serve the Meetings"

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Mailed: Tuesday, January 22, 2002

Event date: March 16, 2002

Addiction Recovery Group Announces Public Workshops

LifeRing Secular Recovery, an abstinent alternative to Alcoholics/Narcotics Anonymous, invites the public to a series of recovery presentations and workshops on Saturday March 16 at Alta Bates Hospital, Ashby Campus, in Berkeley.

Author Lonny Shavelson, M.D. – Hooked: Five Addicts Challenge Our Misguided Drug Rehab System (New Press 2001) – will present a talk with slides titled "Treating the Treatment System" starting at 1 p.m. Saturday in the Alta Bates auditorium, 2450 Ashby Ave, Berkeley.

Saturday's workshops will include:

- LifeRing 101: How Secular Recovery Works
- Early Recovery: What It Looks Like and How LifeRing Can Help
- Dealing With Our Feelings in Recovery
- Surviving Twelve-Step Treatment
- Codependency: The Journey Back
- Special Issues of Women In Recovery
- Dual Diagnosis
- Art and Recovery
- Changing the Public's Picture of the Person in Recovery
- Medications That Help Recovery
- Sexuality and Recovery

All workshops will be in the Alta Bates Hospital facility. For current program information telephone the LifeRing Service Center at 510-763-0779. The workshops are part of the annual LifeRing Congress being held over the St. Patrick's Day weekend.

LifeRing Secular Recovery is an independent network of support groups whose members practice abstinence from alcohol and drugs relying on their own powers and on group support. People of all faiths or none are welcome, and meetings are free of religious rituals. Members use a variety of tools to maintain abstinence, and each participant creates a personal recovery program.

The organization holds meetings seven days a week in the Bay Area, including San Francisco, Oakland, Berkeley, Richmond, Walnut Creek, and San Rafael. LifeRing meetings are available at Kaiser Chemical Dependency Recovery Centers in Oakland, San Francisco, Richmond, and San Rafael, and at Herrick Hospital and Summit Hospital, among other facilities.

For more information, contact the LifeRing Service Center at 510-763-0779, or visit the following web sites:

www.unhooked.com for general information about LifeRing and for a meeting schedule

www.lifering.org for organizational information and contacts

www.lifering.com for LifeRing Press books and other publications