LifeRing Greenwich CT

About Us

LifeRing Secular Recovery is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs. In LifeRing, we offer each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment. Our approach is based on developing, refining, and sharing our own personal strategies for continued abstinence and crafting a rewarding life in recovery. In short, we are sober, secular, and self-directed.

Who We Are

Sobriety always means abstinence in LifeRing. The motto is "we do not drink or use, no matter what."

Secularity LifeRing Recovery welcomes people of all faiths and none. You get to keep whatever religious beliefs you have, and you are under no pressure to acquire any that you do not have. LifeRing supports recovery methods that rely on human efforts rather than on divine intervention.

Self-Help in LifeRing means that the key to recovery is the individual's own motivation and effort. LifeRing is a place where individuals build their own Personal Recovery Plans. LifeRing does not prescribe any particular "steps" other than abstinence.

LifeRing Greenwich

LifeRing Greenwich is a local LifeRing chapter based in Greenwich, Connecticut. We primarily serve the communities of Fairfield County, Connecticut, and Westchester County, New York. We also serve inpatient and outpatient clients of the Addiction Recovery Center (ARC) at Greenwich Hospital, where we hold our meetings. Our meetings are open to anyone who wishes to get clean and sober and stay that way. We hope you'll join us.

MEETING SCHEDULE
Wednesdays: 6:00 – 7:00pm
Sundays: 3:30 – 4:30pm

LOCATION
Round Hill conference room at the LL level at Greenwich Hospital, 5 Perryridge Road, Greenwich, CT. Please consult with the hospital front desk for further directions.

WEBSITE
www.LifeRingCT.org