

Strategies for Change

now offers:



LifeRing

- Secular alternative to AA
- Circle format
- Positive crosstalk encouraged
- Participatory

South Sacramento Location

**4343 Williamsborough Dr., 95823
(916) 395-3552**

**Mondays 4:00-5:00pm
Fridays 4:00-5:00pm**

North Sacramento Location

**4441 Auburn Blvd., Suite E, 95841
(916) 473-5764**

**Mondays 6:00-7:00pm
Wednesdays 4:00-5:00pm
Fridays 4:00-5:00pm**



LifeRing
Empower Your Sober Self

Check out LifeRing on the web at

www.unhooked.com

www.strategies4change.org

North Sacramento
**4441 Auburn Blvd., Suite E
(916) 473-5764**

South Sacramento
**4343 Williamsborough Dr.
(916) 395-3552**