

Meeting Schedule

LifeRing Utah

Sober | Secular | Self-Empowered

Salt Lake Valley

Sundays: 10 a.m. – “How was your week?”

Huntsman Mental Health Institute
501 Chipeta Way, Room #1566

The Sunday meeting has been suspended indefinitely. The Huntsman Mental Health Institute (HMHI) has closed the facility to public meetings due to health concerns. We will update the meeting status via this web site and the LifeRing email list as things change.

Wednesday: 7 p.m. – “How was your week?”

First Baptist Church
777 South 1300 East
Enter parking lot from 800 South/Sunnyside Avenue

Saturdays: 11 a.m. – “How was your week?”

First Baptist Church
777 South 1300 East
Enter parking lot from 800 South/Sunnyside Avenue

Though we ask for voluntary donations, meetings are free, confidential, and open to all.

We make every effort to keep this schedule current, however meeting locations and times are subject to change.

(updated 3 Oct 2023)