

Recovery Meetings - Canada

Victoria - BC

- Venue:** The Friary
- Days:** First and third Wednesdays of the month
- Time:** 7:30 - 9:00pm
- Type:** Victoria Buddhism in Recovery (B12)
- Address:** 1076 Joan Crescent, Victoria, BC V8S 3L3
- Other info:** We are a group of people in recovery who meet to discuss Buddhism and recovery.
The following guidelines are being used: "We support the use of Buddhist teachings, traditions and practices to help people recover from the suffering caused by addictive behaviours."
The meetings are open to people of all backgrounds and respectful of all recovery paths. We promote mindfulness and meditation and are grounded in Buddhist principals of non-harming, compassion and interdependence (adapted from buddhistrecovery.org). We encourage our members to stay active in the recovery program of their choice. This group is considered a supplement to our 12 step programs.
Time for sharing.
Please try to be on time or enter mindfully, so as not to disturb the meditation of others.
Please bring your own beverage.
This meeting is by donation, with proceeds going to the Friary.
- Contact:** For more information Email - vicbuddha12@gmail.com