

Recovery Meetings - USA

Minneapolis - MN

Venue: Dharma Field Zen Center

Days: Sundays

Time: 6:15pm

Type: Refuge Recovery

Address: 3118 W. 49th St., Minneapolis, MN 55410

Other info: Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced.

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