

Recovery Meetings - Canada

Victoria - BC

- Venue:** Shambhala Meditation Centre
- Days:** Thursdays (2nd and 4th Thursdays of each month)
- Time:** 7:30pm - 9:00pm
- Type:** Heart of Recovery
- Address:** 1-2033 Belmont Ave, Victoria, BC V8R 3Z7 - (2nd Floor Meditation Hall)
- Other info:** Open to all—Buddhist practitioners from all traditions, Twelve Step practitioners from all programs and/or anyone struggling with addiction.
- Meeting format includes sitting meditation, a topic offering or a reading and discussion.
- Meetings are confidential.***
- Contact:** Phone - (250) 383-9108 Email - victoria.shambhala@gmail.com
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