

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.

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