**Recovery Meetings - Telephone - Online**

**English**

**Type:** Sit-and-Share  
**Venue:** Online  
**Days:** Monday  
**Time:** 7:45pm - 9:15pm  
**Other info:** *Sit-and-Share* meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

*Sit-and-Share* peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGIzTGJUYWiHR1lxZz09

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