Recovery Meetings - Telephone - Online

English

Type: Sit-and-Share

Venue: Videoconference (Zoom)

Days: Monday & Thursday

Time: 7:45pm until 9pm (UK Time)

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://us04web.zoom.us/s/553721188

Contact: Email - info@5th-precept.org

Website - https://5th-precept.org/fifth-precept-sit-and-share-meetings/