**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](https://us04web.zoom.us/s/553721188)

**Contact:**

Email - info@5th-precept.org

Website - [https://5th-precept.org/fifth-precept-sit-and-share-meetings/](https://5th-precept.org/fifth-precept-sit-and-share-meetings/)