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=eFFWQ2JOSXlVNGIzTGJUYWtHR1bxZz09

Contact: Email - info@5th-precept.org
Website - https://5th-precept.org/fifth-precept-sit-and-share-meetings/