## Fort Smith - AR

**Type:** Eight Steps Meeting  
**Venue:** Yogaterrium  
**Days:** Mondays  
**Time:** 7:00pm  
**Address:** 2712 Grand Avenue, Fort Smith, AR 72901  
**Other info:** Eight Step Recovery is an alternative recovery program to the 12 step program of Alcoholic/Narcotics Anonymous. It uses the Buddhist teachings to overcome addiction. Eight Step Recovery, cofounded by Dr. Valerie Mason-John M.A (hon.doc) and Dr. Paramabandhu Groves Ph.D., is a set of mindfulness teachings outlining a suggested course of action for recovery from addiction, stinking thinking, negative mental states, and compulsive and obsessive behaviours.  
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