

Recovery Meetings - United States

Chicago - IL

Type: Heart of Recovery

Venue: Chicago Shambhala (Main Center - West Loop)

Suburb: West Loop

Days: Sunday

Time: 10:30am - 12:00pm

Address: 37 N Carpenter St., West Loop, Chicago, IL 60607

Other info: Weekly meditation and support group which explores the relationship between Buddhist meditation practice, 12 Step programs and recovery.
Meetings consist of:

- Brief meditation instruction (more detailed instruction can be arranged as well)
- Meditation practice
- Sharing by the night's facilitator (We alternate every week between a short talk on Buddhism and its relationship to our recovery and a personal share)
- Group sharing our personal experience, strength and hope.

Contact: Phone - (773) 743-8147 Email - heartofrecovery@chicagoshambhala.org

Website - chicago.shambhala.org/community/diversity/heart-of-recovery/