Recovery Meetings - United States

Everett - WA

Type: Eight Step Recovery - NO MEETINGS DURING AT LEAST MARCH

Venue: Unity Center for Positive Living

Days: Sundays (weekly)
Time: Meeting Paused (normally 4:30 - 6:00pm)
Address: 3231 Colby Ave, Everett, WA 98201 - (at 33rd Street)

Other info: The Eight Step Recovery support group will cover the teachings of Vimalasara Valerie Mason-John and Dr. Paramabandhu Groves from their book “Eight Step Recovery - Using the Buddha's teachings to overcome addiction”.

We have a 3 minute meditation, a 15 minute meditation, and work through the book. All are welcome, not just those with a drug or alcohol related addiction.

Addiction is defined as any behavior, substance-related or not, that brings temporary pleasure or relief, a behavior one craves but is unable to stop despite negative consequences. We hope this group will be a support for you in your recovery and that it will lead you to a happier, more fulfilling way of life.

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Website - Unity Center for Positive Living

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