

Recovery Meetings - Canada

Vancouver - BC

Type: Eight Step Recovery

Venue: Vancouver Buddhist Centre

Days: Sundays

Time: 1:00pm - 2:30pm

Address: 460 Nanaimo Street, Vancouver, BC V5L 4W3 - At E Pender Street. Unit 207

Other info: [Zoom Link](#)

Eight Step Recovery is an alternative recovery program to the 12 step program of Alcoholic Anonymous. It uses the Buddhist Teachings to overcome addiction. This Eight Step program 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.

This program was cofounded by Dr Valerie Mason-John M.A (hon.doc) and Dr Paramabandhu Groves Ph.D. in 2013, and published in their book: "[Eight Step Recovery - Using the Buddha's teachings to overcome addiction](#)".

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