

# Recovery Meetings - Canada

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## Ottawa - ON

**Type:** Heart Of Recovery

**Venue:** The Ottawa Shambhala Meditation Centre

**Days:** Every second Saturday of the Month, once a month.

**Time:** 7:30pm - 9:00pm

**Address:** 119 Ross Ave, Suite 102, Ottawa, ON K1Y 0N6

**Other info:** The Heart of Recovery is a group meeting at the Shambhala Center focused on sharing support while bringing together contemplative practice and a commitment to sobriety. Newcomers will learn basic meditation techniques to enhance, not replace, their own recovery program in a familiar and comfortable environment. Experienced meditators will discover new ways to deepen their current practice while supporting the group.

Meeting format includes:

- sitting practice
- a topic offering in the form of brief comments or a reading by the facilitator
- discussion and exploration by group members
- sharing our personal experience, strength, and hope
- dedication of merit

Open to all who are:

- Buddhist practitioners from any tradition or
- 12 Step practitioners from any program or
- Individuals interested in exploring the relationship of meditation to recovery from addiction and addictive behaviors

Free meditation instruction is available during all of these times. Meditation Instructors and/or Shambhala guides are available to meet with newcomers or anyone else wanting guidance with their meditation practice. Cushions, benches and chairs are supplied; you do not need to bring anything. This meeting is anonymous and attendance is confidential.

*"Sobriety is finding a new way of living that involves engagement where there was withdrawal; generosity where there was self-centeredness; community where there was isolation; joy where there was bitterness; trust where there was cynicism."* – Kevin Griffin, [One Breath at a Time: Buddhism and the Twelve Steps](#)

**Contact:** For more information, contact Email - [heartofrecovery@shambhalaottawa.ca](mailto:heartofrecovery@shambhalaottawa.ca)  
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