

Recovery Meetings - United States

Los Angeles - CA

Type: Refuge Recovery

Venue: Trinity Episcopal Church

Days: Sunday

Time: 7:00pm - 8:00pm

Address: 4274 Melrose Ave, Los Angeles, CA 90029

Other info: Refuge Recovery is Buddhist-inspired approach to recovery from addictions of all kinds. We are a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones.

Meetings are peer-led and include guided meditations, readings from the Refuge Recovery book, speakers, and sharing. No meditation experience is necessary. Donation only, no pre-registration.

Contact: Email - refugerecoverylosangeles@gmail.com

Website - www.refugerecovery.org/