

Recovery Meetings - United States

Los Angeles - CA

Type: Refuge Recovery

Venue: **AT Center**

Days: Mondays through Fridays

Time: 12:00pm - 1:00pm

Address: 1773 Griffith Park Blvd, Los Angeles, CA 90026

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/