

Recovery Meetings - United States

Los Angeles - CA

Type: Refuge Recovery

Venue: AT Center

Days: Saturday

Time: 2:00pm - 3:00pm

Address: 1773 Griffith Park Blvd, Los Angeles, CA 90026 - (Unity Hall - ground level meeting room)

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.

Refuge Recovery is a part of Against the Stream Buddhist Meditation Society. Against the Stream Buddhist Meditation Society was founded by Noah Levine, author of [Dharma Punx](#), [Against the Stream](#), [The Heart of the Revolution](#), and [Refuge Recovery](#) to make the teachings of the Buddha available to all who are interested.

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