

Recovery Meetings - Telephone - Online

English

Type: Sit-and-Share

Venue: Online

Days: Thursday

Time: 7:45pm- 9:15pm

Other info: *Sit-and-Share* meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

Sit-and-Share peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

<https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGIzTGJUYWtHR1IxZz09>

Contact: Email - info@5th-precept.org

Website - <https://5th-precept.org/fifth-precept-sit-and-share-meetings/>