Bernardsville - NJ

Type: The Noble Steps - Wednesday mornings

Venue: Hybrid (In Person and Online) - The HUB, Community In Crisis

Days: Wednesday

Time: 7:00am - 8:00am

Address: 2 Morristown Rd, Bernardsville, NJ 07924

Other info: The purpose of this group is to support those who want to integrate Buddhist teachings and practices into their recovery from any addiction. We are open to people of all backgrounds and recovery paths, including, but not limited to all 12 Step programs.

This Group is peer led. We ask all who attend to respect and study Buddhist teachings, recovery techniques and be willing to share their experience, strength and hope.

Currently reading *One Breath At A Time* by Kevin Griffin

Also there is a following meeting at 8:30am

**Buddha Then BreakFast**
Led by Ken, this 30 minute mindful exercise shows you how to be mindful while eating

[https://us04web.zoom.us/j/7306779973?pwd=NnlvR2Q1dzJ4TFBXOE9WQ1FkdlcvQT09](https://us04web.zoom.us/j/7306779973?pwd=NnlvR2Q1dzJ4TFBXOE9WQ1FkdlcvQT09)

Meeting Password For All Meetings?: 306678

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