

Recovery Meetings - United States

Olympia - WA

Type: Eight Step Recovery

Venue: P.O.W.E.R.

Days: Mondays (Except 1st Monday of the month)

Time: 6:00pm - 7:30pm

Address: 309 5th Ave SE, Olympia, WA 98501

Other info: **Please Note: There is no meeting at P.O.W.E.R. on the first Monday of every month.** The first Monday of the month is reserved for Business meeting and Buddhist Recovery Sangha Social at rotating locations. Contact Thomas 360.358.2379 for info.

Eight Step Recovery uses Buddhist teachings and tools to overcome addiction. The Eight Step program is a set of mindfulness teachings outlining a suggested course of action for recovery from addiction, stinking thinking, negative mental states, and compulsive and obsessive behaviors. This is a safe meeting for all including Trans/Queer/People of Color.

Eight Step Recovery is an inclusive resource and can be used in addition to any other recovery program including AA, NA, Refuge Recovery, SMART, etc. For members of AA/NA it can be an expression of the 11th step.

Contact: Thomas - Phone - 360-358-2379 Email - finding.valentine@gmail.com