

Recovery Meetings - United States

Fridley - MN

Type: Refuge Recovery

Venue: Allina Outpatient Addiction - Unity Campus

Days: Wednesday

Time: 6:30pm - 8:00pm

Address: 7590 Lyric Lane NE, Fridley, MN 55432

Other info: Refuge Recovery is a non-theistic, Buddhist-inspired approach to recovery from addictions of all kinds.

We are a community of people dedicated to the practices of mindfulness, compassion, forgiveness, and generosity, using meditation and kindness to heal the pain and suffering that addiction has caused in our lives and in the lives of those around us.

Our weekly peer-led meetings include meditation, readings from the book [Refuge Recovery](#), and group sharing.

Open to people of all backgrounds and respectful of all recovery paths, these meetings are appropriate for anyone in, or interested in, recovery from any forms of addictive behavior. No prior meditation experience necessary.