

Recovery Meetings - United States

Bellevue - WA

Type: Bellevue Lunch Bunch - Eight Step Recovery

Venue: Eastside Center for Family

Days: Tuesdays

Time: 12 - 1pm

Address: 2025 112th Ave NE #201, Bellevue, WA 98004

Other info: This hour long lunch time group is a learning group using the book [Eight Step Recovery](#). We will meditate for 20 minutes, read for 5-10 minutes and share for 30 minutes. All are welcome, not just those with a drug or alcohol related addiction. Addiction is defined as any behavior, substance-related or not, that brings temporary pleasure or relief, a behavior one craves but is unable to stop despite negative consequences. We look forward to growing our group to be a mainstay source of support on the Eastside with expansion to another group in the evening.

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