

Recovery Meetings - United States

Santa Cruz - CA

Type: Ordinary Recovery

Venue: Santa Cruz Zen Center

Days: Fridays

Time: 6:45pm - 7:45pm

Address: 113 School Street, Santa Cruz, CA 95060

Other info: Sponsored by the Santa Cruz Zen Center, the group began November 6, 2009, and meets in the Zendo.

This is a group for people working with recovery and the addictive mind.

Sessions consist of 20 minutes of meditation, a reading and short talk, followed by open discussion.

The group is open to all addictions and those interested in integrating all modes of addiction recovery practice, including 12-step work, with Zen Buddhism.

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