Dockweiler - CA

**Type:** Like Minded | Mental Health and Wellness

**Venue:** Online

**Days:** Wednesday

**Time:** 2:30pm

**Address:** Online, Dockweiler, CA

**Other info:** Mental health and co-occurring/dual diagnosis around the RD Communities: This is a trauma informed Recovery Dharma affinity group for people who are living with a mental illness along with substance use disorder and/or process addictions. We will discuss – and practice – the importance of connection, community, and compassion.

**Wednesday at 5:30pm ET/2:30 PT (excluding holiday)**

**Zoom ID:** 812 4377 8399 **Password:** 311311

**Contact:** Email - [RD@ChooseNamaste.com](mailto:RD@ChooseNamaste.com)