

# Recovery Meetings - Canada

---

## Vancouver - BC

**Type:** Recovery Monday's (Exploring Addiction and Recovery through the lens of Buddhism)

**Venue:** Online - Vancouver Buddhist Centre

**Days:** Monday

**Time:** 6:30pm - 8:30pm

**Address:** 460 Nanaimo Street, Vancouver, BC V5L 4W3 - At E Pender Street. Unit 207

**Other info:** [Zoom Link](#)

This is a drop-in meditation evening for people in recovery. We unpack the spiritual step in the 12 step program through Buddhism and meditation. It will be an opportunity to explore Buddhist meditation as a tool to help calm the addicted mind and heal the addicted heart. Compliments all recovery programs including 12 Steps, SMART recovery et al.

By donation.

Lead by Vimalasara (The co-author of [Eight Step Recovery - Using The Buddha's Teachings to Overcome Addiction](#)) and a team of people in recovery. See [attached flyer](#) (PDF approx. 95Kb) for more details about this book - and how to set up an 8 step Recovery Meeting.

**Contact:** Email - [eightstepsrecovery@gmail.com](mailto:eightstepsrecovery@gmail.com)

Website - [vancouverbuddhistcentre.com/](http://vancouverbuddhistcentre.com/) or [thebuddhistcentre.com/eightsteps](http://thebuddhistcentre.com/eightsteps)