## West Bloomfield - MI

**Type:**  Step 11 Meditation and Mindfulness  
**Venue:**  Henry Ford Maplegrove Center  
**Days:**  Wednesdays  
**Time:**  7:30pm - 9:00pm  
**Address:**  6773 West Maple Road, West Bloomfield, MI 48322 - Conference Room D  
**Other info:**  These meetings are for anyone with a desire to stop drinking or stay sober, and you will have an opportunity to improve your conscious contact with your higher power through the use of vipassana techniques. We open with a few readings followed by a 20 minute guided group meditation. After meditation we have a period of sharing and, if you have time, you can stay for more fellowship along with tea and treats. Please visit our website for more information and resources.  
**Contact:**  Email - steves@step11mm.org  
   Website - [www.step11mm.org](http://www.step11mm.org)