

Recovery Meetings - United States

Birmingham - AL

Venue: Birmingham Shambhala Center

Days: Mondays

Time: 5:30pm - 6:30pm

Type: 11th Step Recovery Meeting

Address: 714 37th Street South, Birmingham, AL 35222

Other info: Our meeting consists of a reading of our intention then a five to ten minute talk on applying mindfulness meditation to some aspect of recovery. Then we sit for twenty minutes. Next we break and get tea or coffee and move to a room with a table and have open sharing on a topic or reading. We are not directly affiliated with the Shambhala center. The meeting is free.

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