

# Recovery Meetings - United States

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## Santa Cruz - CA

**Venue:** Insight Santa Cruz

**Days:** Tuesday

**Time:** 7:00pm - 8:30pm

**Type:** Refuge Recovery Meeting

**Address:** 1010 Fair Ave., Santa Cruz, CA 95060

**Other info:** This meeting is open to all forms of recovery. There is no requirement for attendance and we welcome all those who are seeking freedom from addiction. We will explore how Dharma practice can deepen this process. Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones.

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