

# Recovery Meetings - United States

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## Chicago - IL

- Venue:** Chicago Shambhala (Main Center - West Loop)
- Suburb:** West Loop
- Days:** Sunday
- Time:** 10:30am - 12:00pm
- Type:** Heart of Recovery
- Address:** 37 N Carpenter St., West Loop, Chicago, IL 60607
- Other info:** Weekly meditation and support group which explores the relationship between Buddhist meditation practice, 12 Step programs and recovery. Meetings consist of:
- Brief meditation instruction (more detailed instruction can be arranged as well)
  - Meditation practice
  - Sharing by the night's facilitator (We alternate every week between a short talk on Buddhism and its relationship to our recovery and a personal share)
  - Group sharing our personal experience, strength and hope.
- Contact:** Phone - (773) 743-8147 Email - [heartofrecovery@chicagoshambhala.org](mailto:heartofrecovery@chicagoshambhala.org)
- Website - [chicago.shambhala.org/community/diversity/heart-of-recovery/](http://chicago.shambhala.org/community/diversity/heart-of-recovery/)