

Recovery Meetings - United States

Tacoma - WA

Venue: Tacoma Refuge Recovery

Days: Sundays

Time: 8:00am

Type: Refuge Recovery

Address: 702 Court A, Tacoma, WA 98402 - (Behind Thai Pepper)

Other info: **Refuge Recovery:** Is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced. We hope to serve you, and meet you on the path.

This meeting is based on the Buddhist recovery meeting format outlined by Noah Levine in his book "[Refuge Recovery: A Buddhist Path to Addiction Recovery](#)".

Contact: Chris Causey Email - refugetacoma@gmail.com

Website - www.refugerecovery.org