

Recovery Meetings - USA

Omaha - NE

Venue: First Unitarian Church

Days: Thursdays

Time: 6:00pm - 7:30pm

Type: Refuge recovery

Address: 3114 Harney St., Omaha, NE 68131 - (enter through South SIDE door)

Other info: **Refuge Recovery:** is a Buddhist-oriented, mindfulness-based recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. RR does not compete with other programs and, in fact, works well alongside 12-Step and SMART Recovery programs to bring about the process of healing from any type of addictive behavior.

Format: meditation, reading, discussion.

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