

# Recovery Meetings - USA

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## Newport - OR

- Venue:** Center for Health Education
- Days:** Thursdays
- Time:** 7:00pm - 8:30pm
- Type:** Refuge recovery
- Address:** 740 SW 9th St, Newport, OR 97365 - Park in back. Starts at 7, try not to be late or knock loudly, door locks. Upstairs at the end of the hallway.
- 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.
- Contact:** Email - [smoothsailing@riseup.net](mailto:smoothsailing@riseup.net)  
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