

# Recovery Meetings - USA

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## Kalamazoo - MI

- Venue:** Unwindings of Kalamazoo
- Days:** Wednesday
- Time:** 7:30pm - 8:30pm
- Type:** Refuge Recovery
- Address:** 5466 Holiday Terrace, Kalamazoo, MI 49009 - (Enter through the rear entrance and go to the lower floor of the building)
- 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.
- Contact:** Email - [refugerecoverykzoo@gmail.com](mailto:refugerecoverykzoo@gmail.com)