

# Recovery Meetings - United States

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## Olympia - WA

**Venue:** Eight Step Recovery Olympia

**Days:** Mondays

**Time:** 6:00pm - 7:30pm

**Type:** Eight Step Recovery

**Address:** 203 4th Ave E, Olympia, WA 98501 - Suite #221. YouthSound office in the Security Building

**Other info:** The Eight Step Recovery support group will cover the teachings of Vimalasara Valerie Mason-John and Dr. Paramabandhu Groves from their book [Eight Step Recovery](#). Compliments all recovery programs including 12 Steps, SMART recovery et al.

We practice meditation, and work through the book. All are welcome, not just those with a drug or alcohol related addiction.

Addiction is defined as any behavior, substance-related or not, that brings temporary pleasure or relief, a behavior one craves but is unable to stop despite negative consequences. We hope this group will be a support for you in your recovery and that it will lead you to a happier, more fulfilling way of life.

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