

Recovery Meetings - Canada

Kelowna - BC

Venue: Kelowna Yoga House

Days: Fridays

Time: 6:00pm

Type: Women's Refuge Recovery

Address: 1272 St. Paul Street, Kelowna, BC V1Y 2C9 - (the little house)

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 open to anyone who identifies as a woman.

Contact: Email - refugerecoverykelowna@gmail.com