

Recovery Meetings - United States

Oakland - CA

Venue: East Bay Meditation Center

Days: Last Saturday of Every Month

Time: 1:00pm - 3:00pm

Type: Compassionate Dharma Deep Refuge: Eight Step Recovery Meeting

Address: 285 17th Street, Oakland, CA 94612

Other info: EBMC offers a Recovery, Deep Refuge Buddhist meeting with a focus on ways to heal addiction. Based on the Eight Steps to Recovery developed by Dr. Mason-John M.A (hon.doc) and Dr Groves, we believe this inclusive approach can build a solid foundation for those at any level of recovery and for those who have yet to seek help.

Through these practices we hope you gain a practice that can sustain you in your recovery.

We ask that you attend sober on the day with respect for others that may be active in recovery. Open to all in Recovery.

Contact: Shahara Godfrey Email - slgvibing@earthlink.net

Website - eastbaymeditation.org