

# Recovery Meetings - United States

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## Los Angeles - CA

**Venue:** Against the Stream Buddhist Meditation Society

**Days:** Tuesdays

**Time:** 7:30pm

**Type:** Buddhist Recovery Meeting

**Address:** 4300 Melrose Ave., Los Angeles, CA 90029

**Other info:** The meeting will focus on Buddhist teachings, traditions and practices that can be helpful to people recovering from *all* addictions. There will be an emphasis on meditation practice and waking up to the habitual patterns that drive us and our unskillful behaviors. These are not 12-Step meetings, but we will see how the steps can be understood from a Buddhist perspective. Each week the meeting will focus on a different topic:

- Four Truths of Recovery
- Fifth Precept
- Buddhist Perspective on the 12 Steps
- Speaker

These meetings are appropriate for anyone in recovery, or interested in recovery. No meditation experience is necessary.

**Contact:** Phone - (323) 665-4300 Website - [www.againstthestream.org](http://www.againstthestream.org)