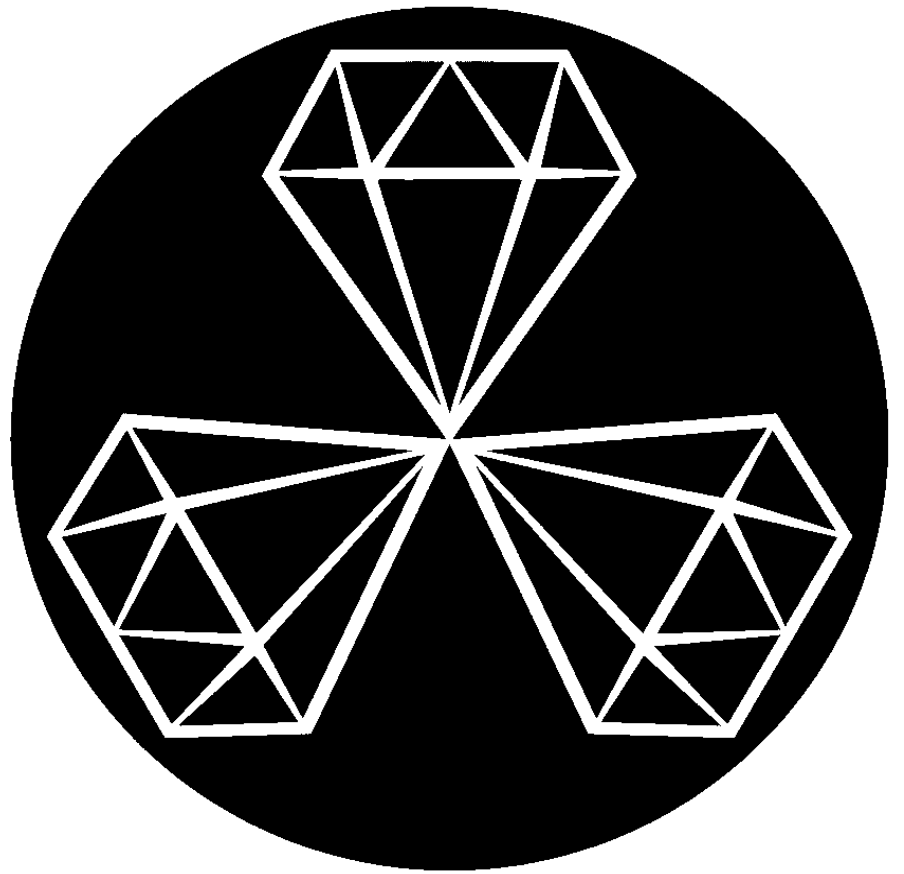


REFUGE RECOVERY

A BUDDHIST PATH TO RECOVERING FROM ADDICTION



Every 2nd & 4th Friday 7:00pm

@ Yoga Nook on 5th

690 E Los Angeles Ave

Simi Valley, California 93065

Refuge Recovery is a non-theistic, Buddhist-inspired approach to recovery from addictions of all kinds.

We are a community of people dedicated to the practices of mindfulness, compassion, forgiveness, and generosity, using meditation and kindness to heal the pain and suffering that addiction has caused in our lives and in the lives of those around us.

Our weekly peer-led meetings include guided meditations, readings from the book *Refuge Recovery*, and group sharing and discussion.

Open to people of all backgrounds and respectful of all recovery paths, these meetings are appropriate for anyone in, or interested in, recovery from any forms of addictive behavior. No prior meditation experience necessary.

Always free; donations welcome.

Web: RefugeRecovery.org