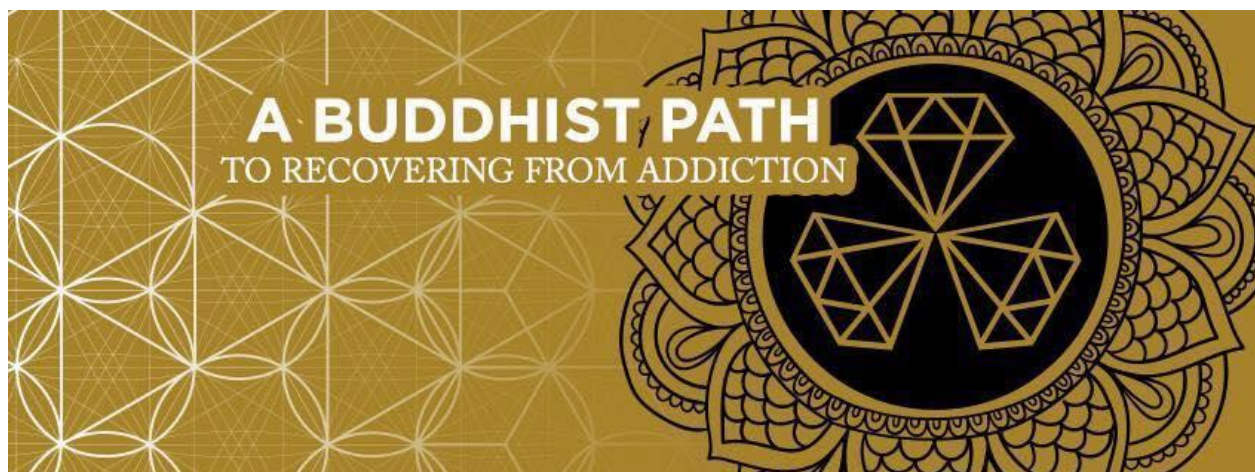


# REFUGE RECOVERY



**Mondays @ 5:30 PM**

**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.

**North Central Vermont Recovery Center**

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