

# REFUGE RECOVERY ANN ARBOR/YPSILANTI



**What Is Refuge Recovery?** It's a peer-led program that takes a non-theistic approach to recovery from all types of addiction and the suffering caused by addiction. The groups gather in the spirit of investigating a Buddhist approach to recovery, focusing on the Four Noble Truths and Eightfold Path. Meetings include readings, meditation practice and group sharing, with an emphasis on providing a community of support for its members. These meetings are based on the book, "Refuge Recovery" by Noah Levine.

**Who is Refuge Recovery for?** People in recovery, be it for months or decades, have found these meetings useful in developing a meditation practice, and as a 'missing piece' to their spiritual program. People who are theistic, agnostic or atheist benefit from these meetings. You needn't be a Buddhist to attend. It is for people with an interest in using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. This group is meant to be a support for recovery. It is not a substitute for your dedicated practice.

## MEETINGS

**ANN ARBOR/YPSILANTI – MONDAY EVENINGS:** 6:30 PM at Dawn Farm, 6633 Stony Creek Road, Ypsilanti, MI 48197. [dawnfarm.org](http://dawnfarm.org)

**INFORMATION:** For more information on Refuge Recovery, visit [refugerecovery.org](http://refugerecovery.org). For more information on the Ann Arbor/Ypsilanti meeting, email us at [refugerecoverya2@gmail.com](mailto:refugerecoverya2@gmail.com). For information on Detroit Groups, visit the Refuge Recovery Detroit Facebook Page.