Ongoing weekly meetings are open to anyone interested in Buddhism and Recovery.

Refuge Recovery is a community of people who are 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. The path of practice that we follow is called the

**Four Noble Truths of Refuge Recovery**

This is an approach to recovery that understands:

“All beings have the power and potential to free themselves from suffering.”

For more information visit: refuge-recovery.org

MEDITATION  GENEROSITY  KINDNESS  RENUNCIATION

We feel confident in the power of the Buddha’s teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction. These meetings are appropriate for anyone in recovery, or interested in recovery.

**No Meditation Experience Is Necessary**

Coulee Recovery Center

933 Ferry Street * La Crosse WI

Saturday’s 8:00 a.m. - 9:30 a.m.

E-MAIL: roflacrosse@gmail.com