

Kevin Griffin

Buddhism and the Twelve Steps

MONDAY
OCTOBER 13th
7:00pm – 8:30pm
John Muir Behavioral Health
Center for Recovery
2740 Grant St., Concord
Classroom B

This group will explore, on an ongoing monthly basis, the intersection of recovery with Buddhist teachings and practices. We're open to people who identify with any of the full range of addictions, from substances, to behaviors, to habitual thought and emotional patterns.

We are not a '12 Step group,' but we do want to find ways that members of the community can support each other on the path of recovery. Each gathering will include a period of guided meditation, so beginning meditators are welcome. There will be time for discussion about meditation practice itself, and each month will explore some recovery/dharma theme.

This class seeks to help people find their footing with the spiritual aspects of the program. Buddhist principles, which don't require particular beliefs, are helpful for anyone struggling with the concept of Higher Power, and Buddhist meditation is used by people of all faiths to work Step Eleven. We encourage you to explore this vital aspect of recovery so that you too can live a life free from addiction, "happy, joyous, and free."

Kevin Griffin is the author of One Breath at a Time: Buddhism and the Twelve Steps, and a leader in the mindful recovery movement. Trained as a Community Dharma Leader at Spirit Rock Meditation Center, he is a co-founder of the Buddhist Recovery Network, an international organization supporting training and research into the uses of mindfulness and Buddhist teachings in addiction treatment. For more information, see www.kevingriffin.net.

No pre-registration necessary – Just Show Up

Suggested Donation \$10

All Fresh Start Alumni are welcomed