

What is Refuge Recovery?

Refuge Recovery consists of an individual program of recovery from addiction, Refuge Recovery meetings held by Refuge Recovery groups, and Refuge Recovery Inter-sangha, State and World committees that give democratic voice and structure to our recovery society.

We offer recovery from all forms of addiction through participation in our Refuge Recovery program. The book, *Refuge Recovery: A Buddhist Inspired Path to Recovering from Addiction*; is the foundation of our program and used by all Refuge Recovery groups.

Refuge Recovery members practice a daily recovery program that includes meditation and retreat, along with self-examination, mentorship and community service as integral components. Our program includes regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for all who wish to pursue and maintain an addiction free life.

Refuge Recovery meetings are available in over 500 locations around the world and new meetings are starting every day. Individual RR groups who hold RR meetings are the foundation of our recovery society.

RR groups are supported by a democratic service structure and a dedicated non-profit service organization, Refuge Recovery World Services.