

RCNC

Recovery Communities of North Carolina
Promoting recovery from substance use disorder and
maintaining health, in the community and statewide.

Coming Soon to RCNC!

Beginning

Friday, January 11th at 2pm

**REFUGE
RECOVERY**



What is the Refuge Recovery program?

Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for the addiction and alcoholic recovery process. Wisdom and compassion enable those struggling with any form of addiction to become more mindful of their mental processes while also developing a deep understanding of the suffering that addiction has created and compassion for their own pain. The mission of Refuge Recovery is to support those on this path of recovery by building an extensive and comprehensive network of Refuge Recovery groups, meetings and communities that practice, educate and provide Buddhist-inspired guidance and meditations for anyone seeking recovery from addiction.

Diverse and Welcoming to All:

As a peer-led recovery program using Buddhism as the path to freedom from all addictions, Refuge Recovery is a community that embraces all people regardless of age, race, class, culture, nationality, ethnic origin, religious/spiritual background, gender, gender identity, sexual/affective orientation, marital status, family structure, social identity, physical ability or appearance, mental health, legal standing, and educational or socioeconomic status. As such, we strive to speak to each other in a compassionate way using wise communication and avoiding hate-speech, intimidation, and violence of any kind. If you seek refuge in our community, we hope you feel welcome and safe. We hope to serve you and meet you on the path. Being a Buddhist is NOT REQUIRED to participate.

5245 Capital Boulevard, Raleigh, NC 27616