

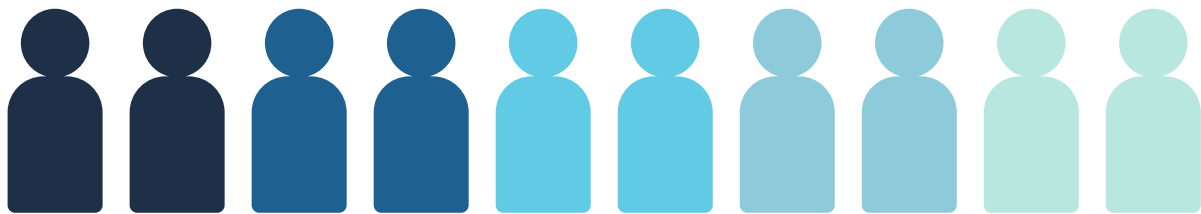


metro drug coalition



ALL RECOVERY & MINDFULNESS MEETING

*MDC's Temporary Office
4930 Lyons View Pike, Knoxville, TN 37919*



ALL RECOVERY MEETING

All Recovery Meetings are peer led recovery meetings that focus on topic discussions. It is not connected with any specific recovery program or 12-step group. Meetings welcome all who struggle with addiction, are affected by addiction or support the recovery lifestyle.

THURSDAYS AT 6:00 PM

MINDFULNESS MEETING

A mindfulness session will directly following our All Recovery Meeting. Mindfulness can help bring a new level of awareness to recovery. With guided mindfulness practice, this weekly meeting will support a deeper understanding of yourself. This class is also open to anyone in the community interested in a mindfulness session.

THURSDAYS AT 7:00 PM