

ABOUT SMART RECOVERY



Addiction treatment professionals, together with people in recovery, founded SMART in 1994 as a 501(c)3 nonprofit organization. Since then, it has grown into the world's largest community of mutual-support groups that help people recover from any addiction with a self-empowering, science-based approach. SMART helps more than one million people a year—including individuals working to recover and family members caring for loved ones who need help—through free weekly meetings in well over 20 countries and hundreds of gatherings and other resources online.

Meeting participants help each other resolve problems with addiction to drugs, alcohol, gambling, eating disorders, and other harmful activities by sharing experiences and using tools from the most effective therapies.

Participants develop the power to change and lead fulfilling and balanced lives through our sensible 4-Point Program®:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings, and Behaviors
4. Leading a Balanced Life

SMART Recovery Tools

SMART's 4-Point Program offers tools and techniques for taking a careful look at negative behaviors and learning how to stop them. Tools include worksheets, hands-on activities, and methods grounded in cognitive and motivational psychology.

Religion and Other Recovery Groups

SMART Recovery does not involve religion or spirituality, but supports the right of individuals to enhance their recovery with spirituality or religion. SMART participants are welcome to attend programs that draw from western and eastern religious traditions; in fact, life balance may include religious beliefs. SMART believes there are multiple pathways to recovery, and people often develop their own, drawing from many sources.

Find a SMART Recovery Meeting

SMART Recovery hosts online and face-to-face meetings around the world listed at smartrecovery.org/community and smartrecoverytest.org/local/ (enter your city or zip code to finding the nearest ones). People can find 24/7 support at our online message board, an excellent interactive forum, at smartrecovery.org/community.

WHAT WE DO

- Recovery Meetings:
In-Person and Online
- Facilitator Training

WHO WE SERVE

- Individuals
- Family & Friends
- Treatment Professionals
- Courts & Corrections Officials
- Young Adults
- Veterans
- Volunteers

CONTACT US

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SMART
Recovery

Life beyond addiction

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