SMART RECOVERY FOR FAMILY & FRIENDS

One's struggles with addiction affects family members and friends. They want to offer support but may not know where to turn. Also, before they can help their loved ones, they must find support for themselves with essential self-care measures.

SMART Recovery provides practical, easy-to-learn tools to help both you and your loved one. Our methods are based on the tools of SMART Recovery and CRAFT (Community Reinforcement & Family Training). Our meetings, available in-person and online, provide tools that families and friends need to support themselves and regain peace of mind while helping their loved one seek treatment.

How It Works

SMART Recovery's Family & Friends program offers a two-pronged approach:

- **Tools to support the well-being of family & friends:** Our self-empowering program teaches how to use tools based on cognitive therapy to help you level your emotional roller coaster and learn healthier ways of dealing with your situation.

- **Tools for providing effective, nonconfrontational support for a loved one:** Our skills training for family members and friends develops positive communication skills and other strategies to help you change the dynamics of your relationship with your loved one. This method has been proven to be more successful than harsh interventions or complete detachment.

Find SMART Family & Friends Meetings

Face-to-Face Meetings: Family & Friends meetings are available throughout the U.S. and around the world. Visit www.smartrecovery.org to find a meeting near you.

Online Meetings: SMART offers online Family & Friends meetings and an online community message board for 24/7 support.

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

SMART Recovery
7304 Mentor Ave., Ste. F
Mentor, Ohio 44060
440.951.5357
www.smartrecovery.org

SMART Recovery

Life beyond addiction

LEARN MORE

Visit www.smartrecovery.org/family to learn more about our Family & Friends program.