

# SMART RECOVERY FOR YOUNG ADULTS



**The stigma around addiction and the fear of being judged as powerless and labeled as an addict, alcoholic, etc., often prevent young adults from seeking help.**

In peer-support meetings free of blame and shame, SMART Recovery teaches a self-empowering approach to addiction recovery. SMART's 4-Point Program® offers specific cognitive-behavioral, science-based tools and techniques to achieve these goals:

1. Build and Maintain Motivation
2. Cope with Urges
3. Manage Thoughts, Feelings, and Behaviors
4. Live a Balanced Life

## Get Trained in SMART Recovery's Program

Training can be completed online or onsite. SMART's National Office Training Center is open to groups of nine or fewer. To train larger groups, we will come to you.

We offer group rates and discounts for those who work with youth and young adults. Scholarships are available for those who qualify for financial assistance.

## 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  
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**SMART**  
Recovery

Life beyond addiction

## LEARN MORE

Let's work together to save young lives.  
Visit [www.smartrecovery.org/young-adults](http://www.smartrecovery.org/young-adults) to learn more.