

Discover the Power of Choice in Mutual Self-Help Support

SMART Recovery is . . .

- Science and evidence-informed
- Effective for all addictive behaviors (substance and non-substance)

SMART's 4-Point Program is our flagship secular approach serving those seeking change. Trained volunteer facilitators lead discussions based on recovery topics.



1 Build and maintain motivation.

2 Cope with urges.

3 Manage thoughts, feelings, and behaviors.

4 Live a balanced life.

FOR MORE INFORMATION: