

Reduce harmful behavior with a practical approach to recovery.

SMART Recovery:

- Proven tools and techniques
- Effective for behavioral and substance use disorders



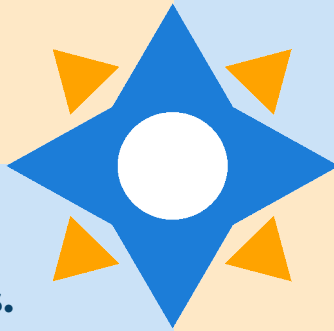
SMART'S 4-Point Program

1 Build and maintain motivation.

2 Cope with urges.

3 Manage thoughts, feelings, and behaviors.

4 Live a balanced life.



SMART uses a self-directed approach to behavioral change. Trained volunteer facilitators lead support group discussions.

For more information: