



Family & Friends Meeting Opening

Welcome to our SMART Family & Friends meeting.

SMART Family & Friends is for people affected by the addictive behavior of a loved one. They may be experiencing problems with substances like alcohol, opiates, tobacco, meth, and other drugs. Or activities that may become addictive like sexual activity, gaming, gambling, shopping, and eating. These are not exhaustive lists. Regardless, we aim to help you develop more effective coping strategies and communication skills as you seek to maintain balance in your own life.

SMART stands for Self-Management and Recovery Training. That means our meeting is focused on empowering you to take control of your life by building practical skills and using strategies to support your own growth and well-being. There are no guarantees, but you may find that changing your behavior has a positive impact on your loved one.

This meeting is scheduled to run for (60/90) minutes and discussions are open to everyone. SMART meetings are always confidential. In addition to not having to give your real name or even to participate tonight, I'd like to emphasize that what is said here, stays here.

The focus of these meetings is supporting you to make progress in changing how you respond to what is probably a significant challenge in your life. Tools from SMART Recovery's 4-Point Program® are designed to help each of us find better balance. Tools from CRAFT (Community Reinforcement Approach and Family Training) and the Invitation to Change Approach are also included as resources in the SMART Family & Friends Handbook.

We don't charge anything for attendance at these meetings, but a basket will be passed near the end of the meeting for donations. Your cash donations help with local publicity, buying new handbooks, and purchasing basic supplies. Excess donations are sent to SMART Recovery USA, which is a non-profit organization. You may also make contributions directly to SMART online if the deductibility of your donations is important to you.

Any questions? If not, let's get started.

