



# SMART MEETINGS FOR FAMILY & FRIENDS

When a loved one struggles with addictive behaviors, affected family members and friends often want to offer support, but aren't sure how. SMART's Family & Friends program offers practical, easy-to-use tools to help individuals learn effective coping and self-care strategies for themselves, as well as tools to interact with their loved one more effectively.

## HOW IT WORKS

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



### Tools to Support your Wellbeing

Our self-empowering program offers tools based in cognitive behavioral therapy to help you balance your emotional state and learn healthier ways of dealing with what is likely a very difficult situation in your life.



### Tools to Enhance your Effectiveness Supporting your Loved One

The program also offers tools and strategies that can be used to improve the dynamics of your relationship with your loved one. Our approach is grounded in part in CRAFT, which has been shown to lead to better outcomes for loved ones than harsh interventions or complete detachment.



## LOCAL MEETING INFORMATION:

Facilitator:

Contact Information:

Meeting Day & Time:

Meeting Location:

For more information about meetings, visit: [www.smartrecovery.org](http://www.smartrecovery.org)