

Affirming Independence & Supporting Recovery

SMART has been helping individuals choose recovery for more than 30 years.

As we celebrate the spirit of this holiday, let's remember that for many of us being free from compulsive thoughts and behaviors is one of our most valuable freedoms.

Although we talk about freedom from, SMART's focus is also on freedom to.

We have chosen a new path in life and now have all these positive freedoms:

- Freedom to live a balanced life beyond addiction
- Freedom to make different behavioral choices
- Freedom to embrace a positive lifestyle
- Freedom to use our own power to make changes
- Freedom to share our journey with others



As you reflect on all the positive freedoms recovery has made possible, would you consider making a donation to SMART to help us continue our vital work? We need your financial support to continue offering facilitator training, resources, information, and encouragement to those who are seeking self-empowered recovery.

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