Almost everyone knows someone who is affected by addiction, directly or indirectly.

For example, the National Institute on Alcohol and Alcohol Abuse reports that 17.6 million or about 1 in every 12 adults abuse alcohol.

*The cost is high*

More than 1.6 million people were arrested for drug offenses in the US last year, according to the FBI's Uniform Crime Report 2010 ...

That's a drug arrest every 19 seconds, 24 hours a day.

There are more than 110 million instances of impaired driving each year. Nearly 11,000 deaths related to alcohol-impaired driving still occur each year.

We can help

Our Purpose …

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

To Learn More …

SMART Recovery® sponsors daily online meetings and has face-to-face meetings around the world.

To learn more about SMART Recovery and its tools and support for recovery, please visit:

www.smartrecovery.org

Almost everyone knows someone who is affected by addiction, directly or indirectly.

Get Help for Addiction

SMART Recovery® is the leading self-empowering addiction recovery support group

www.smartrecovery.org

Discover the Power of Choice!
SMART Recovery® is … a self-help program for ending addictive behaviors through abstinence, based on science and humanistic values.

… free local and online support meetings led by trained facilitators supported by local professional advisors and a national board of addiction specialists who offer ongoing facilitator training and assistance.

… a volunteer-based international non-profit organization dedicated to providing information and mutual support meetings for those seeking independence from addiction

… a 4-Point Program™
- Building and Maintaining Motivation
- Coping with Urges
- Managing Thoughts, Feelings and Behaviors
- Living a Balanced Life

What makes SMART different?
SMART Recovery advocates for choice in recovery, so that those seeking recovery know the variety of recovery options available and can choose amongst them. SMART Recovery encourages a holistic approach, with the goal being to achieve a healthy and balanced lifestyle.

How does it work?
Meetings last 90 minutes. Some meetings are tool or topic specific, but most are general meetings that follow a standardized meeting agenda including time for discussion, which is typically lively, friendly and interesting. Attendance verification is provided on request.

It is a Program based on:
- Self Management
- Choice
- Personal Responsibility
- Proven Principles Of Change

www.smartrecovery.org

Is this something new?
SMART Recovery® includes ideas that go back to ancient Greek philosophers. Much is drawn from Cognitive Behavior Therapy (CBT) and the Rational Emotive Behavior Therapy (REBT) of Dr. Albert Ellis.

Our science-based tools and trained facilitators make SMART an excellent choice for support in alignment with evidence-based treatment, counseling and court guidelines for best practices.

Please join us in a friendly, welcoming environment!

Discover the Power of Choice!