



Get **HELP** recovering from an addictive behavior

SMART Recovery[®] is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research. It's an abstinence based, self-help support group (NOT a 12-step program) for both men and women based on concepts of Rational Emotive Behavior Therapy.

We can help people recover from all types of addiction and addictive behaviors including:

- Alcoholism
- Drug abuse or addiction
- Substance abuse
- Alcohol abuse
- Gambling addiction
- Addiction to any other substances and activities

The SMART[®] Recovery 4-Point ProgramSM offers tools and techniques for:

Point 1: Enhancing and Maintaining Motivation
Point 2: Coping with Urges

Point 3: Managing thoughts, feelings and behaviors
Point 4: Living a balanced life

GROUPS MEET Mon, Wed, & Fri at 2 p.m. at HealthWest (376 E. Apple Ave)

For more information contact: Lauren Bodine (724-3636) or Patty Mapes (724-4884)