

NEW!

FREE!
DROP-INS WELCOME!

SMART RECOVERY MEETING

SMART Recovery is a science based addiction support group helping people learn self-empowering tools and providing support for each other in recovery



SMART is a 4- Point Program



Building/maintaining motivation



coping with urges



living a balanced life



managing thoughts, feelings, and behaviors

FIRST MEETING APRIL 12TH

EVERY SAT, 9-10:30 AM



215 Highland Ave., Suite C
Haddon Township, NJ 08108

For questions contact **Austin**



415-508-6754



southjerseysmart@gmail.com



This IN PERSON meeting is for people at any stage of their addiction: contemplating sobriety, harm reduction, sober, etc.



STARTINGPOINT



SMART Recovery

ABOUT



SMART Recovery[®]
SMART = Self-Management and Recovery Training.

what is SMART?

SMART Recovery is a fresh approach to addiction recovery, created for individuals and family members seeking a self-empowering way to overcome addictive problems. What has emerged is an accessible method of recovery, one grounded in science and proven by more than a quarter-century of experience teaching practical tools that encourage lasting change.

SMART's tools include worksheets, hands-on activities, and methods grounded in cognitive and motivational psychology.

SMART participants are empowered through the use of our 4-Point Program:

SMART tools

1

building and
maintaining motivation

2

coping with
urges

3

managing thoughts,
feelings, and
behaviors

4

living a balanced life

Where:

215 Highland Ave., Suite C Haddon Township, NJ 08108

When:

Saturday Mornings from 9-10:30 am

Cost:

FREE!

Drop-ins Welcome!

Join us on Saturday Mornings
@ Starting Point
of New Jersey



STARTINGPOINT

