

# SMART RECOVERY FOR INDIVIDUALS



**Do you want to address an addiction problem or harmful habit? With our practical tools based on cognitive and motivational psychology and addiction research, SMART Recovery helps you make and sustain positive changes that lead to a balanced life.**

Through our meetings, tools, and strategies, SMART can help you stop harmful habits and behaviors, including addiction to alcohol and other drugs, or negative behaviors related to relationships, sex, spending, gambling, eating and exercise disorders, and self-injury.

SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

## SMART and Other Recovery Groups

SMART Recovery believes that people find their own paths to successful recovery. For some, that path may include 12-step programs or other support groups. Although SMART's approach differs from those of other organizations, it does not exclude them. We recognize and support the fact that many individuals benefit from participating in more than one support community.

## Get Started

Ready to get started? SMART Recovery hosts online and face-to-face meetings around the world. Our online message board is an excellent forum to learn about SMART and get 24/7 support.

## Learn More

Visit [www.smartrecovery.org](http://www.smartrecovery.org) to search for local meetings and to join our online community.



## LOCAL MEETING INFORMATION

## LOCAL CONTACT

## CONFIRM MEETING DETAILS\*

<http://www.smartrecovery.org/meetings>

**\*Meeting times, days, and locations are subject to change. Please confirm meeting details prior to attending.**