



SMART Recovery®

Self Management and Recovery Training

DISCOVER THE POWER OF CHOICE!

SMART Recovery® is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (*NOT a 12-step program*) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery 4-Point Program® offers tools and techniques for each program point:

- ➔ Point 1: Building and Maintaining Motivation
- ➔ Point 2: Coping with Urges
- ➔ Point 3: Managing Thoughts, Feelings and Behaviors
- ➔ Point 4: Living a Balanced Life

WHEN: Tuesday Evenings, 5:30-7:00pm

Friday Afternoons, Noon-1:00pm

WHERE: #207-1040 Shoppers Row



Campbell River Mental Health and Substance Use
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