



RECOVERY SKILLS GROUP

BASED ON SMART PRINCIPLES

Welcome to The Power of Choice!

Take the first step toward empowerment. Learn self-help tools to undertake a mutual support group for addiction, based on SMART Recovery. SMART is a science-based addiction recovery program where participants learn self-empowering techniques to help them work through recovery challenges.

How Does SMART Recovery Work?

SMART uses tools based on scientifically proven methods for addiction recovery.

- Cognitive Behavioral Therapy
- Rational Emotive Behavior Therapy
- Motivational Interviewing

What Makes SMART Recovery Different?

Unlike other forms of treatment, SMART Recovery advocates choice. SMART explores Self-Empowerment versus traditional approaches of being powerless in your addiction. SMART participants discover the power of choice through a 4-Point Program:

- Learning to Build and Maintain Motivation
- Learning to Cope with Cravings and Urges
- Managing Thoughts, Feelings, and Behaviors
- Creating and Living a Balanced Life

Discover the Power of Choice in a safe environment where you can learn tools and process challenges and barriers—as well as successes—with other group members who share similar struggles.

New Group Beginning soon!

Group sessions run for twelve weeks and meet every Tuesday from 6:00pm - 7:30pm
Cost: \$55 per session (Fee Assistance may be available based on income)

Starting in October--date to be determined

How Do I Get Started?

Potential group members will need to do an initial session with the group facilitator. To schedule, please Contact:

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