

Get Free for Free with Evidence-Based SMART Recovery®

SMART Recovery® offers free face-to-face and online mutual help groups. SMART Recovery® (Self-Management And Recovery Training) helps people change behavior that is harmful or unhealthy. SMART Recovery® helps you learn tools to stop abusing alcohol and other drugs. It can help you manage or stop activities that have become compulsive, such as overeating, gambling, sexual behavior, and internet use. SMART Recovery® is an alternative to Alcoholics Anonymous and Narcotics Anonymous.

SMART Recovery® sponsors more than 300+ face-to-face meetings around the world, and 13+ online meetings per week. In addition, our online message board is an excellent forum in which to learn about SMART Recovery® and seek support.

www.smartrecovery.org



SMART is Self Management And Recovery Training

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The sky is the limit ...