



## NEWS RELEASE

FOR IMMEDIATE RELEASE

Contact: Bill Greer  
President, SMART Recovery USA  
202.577.1664 | bgreer17@gmail.com

### **SMART Recovery Expands Online Meetings** *Vital help now more available during Coronavirus pandemic*

Mentor, OH, March 18, 2020—People struggling with addiction need help more than ever during the Coronavirus pandemic, and attending meetings is the primary way they receive that help. *Self-Management and Recovery Training* (SMART) is acting swiftly to add more recovery support meetings online for people who cannot safely attend meetings in person. According to Bill Greer, president of SMART Recovery USA:

*“People struggling with addiction need ongoing social support, and attending meetings paramount to their recovery. Also, many cannot risk exposure to the Coronavirus for health reasons. As we must close face-to-face meetings during this pandemic, we realized the best thing we can do is to expand our online meetings significantly.*

*“SMART already offers more than 40 meetings a week online at our national website ([smartrecovery.org/community](http://smartrecovery.org/community)). While working to increase these, we are training hundreds of facilitators across America to lead meetings online for the people who were attending their face-to-face meetings.”*

SMART offers a self-empowering approach to help individuals with all kinds of harmful behaviors, including addiction to substances (alcohol and other drugs) and to activities (gambling, eating disorders, sex, self-harm, excessive internet use, and other problems). SMART also hosts Family & Friends meetings for those caring for loved ones with addiction.

For a listing of online meetings, visit [smartrecovery.org/community/calendar.php](http://smartrecovery.org/community/calendar.php). You must register to attend. People can maintain their privacy by using screen names and not showing their face at video meetings.

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SMART Recovery (Self-Management and Recovery Training) is a global, nonprofit organization that helps people overcome problematic addictive behavior through free in-person and online meetings. Participants use SMART to assume responsibility for their recovery using its 4-Point Program®. These foundational principles are: building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviors; and living a balanced life.

Founded in 1994, the organization uses science-based techniques that have proven to be effective in helping individuals overcome addiction to drugs, alcohol, and harmful activities such as gambling. SMART has been endorsed by the leading government and medical authorities in Australia, the UK, and U.S. Learn more: [www.smartrecovery.org](http://www.smartrecovery.org).