

Welcome to



SMART Recovery[®]

Our meeting will begin shortly.

SMART Meeting Agenda

- Introduction
- SMART Meeting Guidelines
- Check-in
- Agenda setting
- Discussion and Tools application
- Check out

Introduction

- SMART stands for Self-Management and Recovery Training. We are a non-profit, volunteer, mutual self-help peer support group – not professional therapy.
- The meeting lasts 90 minutes and is open to everyone.
- Our discussions focus on how to abstain from any type of addictive behavior.

Introduction

- SMART teaches self-empowering skills. It is a Tool-driven program which helps participants
 - Build and maintain motivation to change
 - Better cope with urges and cravings
 - Better manage our own thoughts, feelings and behaviors
 - Achieve a more balanced lifestyle

Meeting Guidelines

- We respect privacy and confidentiality for all that is said and done at this meeting.
- We encourage participants to ask questions and share ideas about what has been helpful to them
- But, there's no requirement to participate in the meeting.
- We refrain from labeling, giving advice or telling others what they should do.

Meeting Guidelines

- If you have been drinking or using, you're welcome to stay and observe the meeting, but please refrain from giving input.
- If you receive an inappropriate or unwanted private message from another participant during the meeting, please notify the meeting Facilitator.
- Please mute when not speaking.

Checkin

- This is an opportunity for you to let us know a little more about why you are at this meeting and how things have been going for you recently.
- This is a good time to mention if you have a particular issue, topic, success, question or concern that you would like to discuss during the meeting.
- Anyone wishing to, may simply pass.