

**IT'S MORE THAN  
JUST HEALTH.  
IT'S ABOUT HOPE  
AND HAPPINESS.**

### **Family & Friends meetings**

Are you a family member or friend of someone with an addiction? Help yourself and help your loved one. SMART Recovery Family & Friends is a science-based, secular alternative or supplement to Al-Anon. Our method is based on the tools of SMART Recovery and CRAFT (Community Reinforcement and Family Training). Check us out online at [www.smartrecovery.org/family](http://www.smartrecovery.org/family) and see the difference for yourself.

## **CONTACT US**

### **Local Meeting Information**

#### **National Office**

SMART Recovery, 7304 Mentor  
Avenue, Suite F, Mentor, OH 44060  
Tel: 440-951-5357  
[www.smartrecovery.org](http://www.smartrecovery.org)

**LIFE  
BEYOND  
ADDICTION**



## ABOUT US



Welcome to SMART Recovery, a science-based addiction support group where we learn self-empowering skills and support each other in our recovery.

No matter what your addiction, SMART Recovery can help you change.



### HOW DOES SMART WORK?

SMART Recovery uses tools based on scientifically tested methods for addiction recovery, such as Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy, and Motivational Interviewing.

### JOIN US ONLINE

The core activity of SMART Recovery is the network of self-help / mutual-aid support meetings; we are also a 'community of recovery' which provides mutual support outside of the meetings. This includes our free online community which you can access at [www.smartrecovery.org](http://www.smartrecovery.org).

### SMART MEETINGS

SMART Recovery conducts free (donations accepted) face-to-face meetings around the world, and also online. Click the 'Meetings' link at [www.smartrecovery.org](http://www.smartrecovery.org).

### WHAT MAKES SMART DIFFERENT?

SMART Recovery advocates for choice, so that those seeking recovery can choose what works best for them from a toolbox of methods and strategies.

The goal of SMART Recovery is for you to move on when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program. Graduates are invited to volunteer as meeting facilitators or to volunteer in other roles to help give back to our recovery community.

### 4-POINT PROGRAM

1. Build and maintain motivation
2. Cope with urges
3. Manage thoughts, feelings and behaviors
4. Live a balanced life

