



First Responder



SMART Recovery[®]

Self Management and Recovery Training

DISCOVER THE POWER OF CHOICE!

SMART Recovery[®] is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (*NOT a 12-step program*) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery[®] 4-Point ProgramSM offers tools and techniques for each program point:

- ➔ Point 1: Enhancing and Maintaining Motivation
- ➔ Point 2: Coping with Urges
- ➔ Point 3: Managing thoughts, feelings and behaviors
- ➔ Point 4: Living a balanced life

When: Tuesday nights and Friday mornings

Where: 2860 S. Circle Dr. Ste. 300, Colorado Springs

Time: Tuesday nights: 6 PM; Friday mornings: 9 AM

