



SMART Recovery[®]

Self-Management and Recovery Training

SMART Recovery[®] (Self Management And Recovery Training) supports individuals who have chosen to abstain (or considering abstinence) from any type of addictive behaviors (substances, activities or both) by teaching them how to change self-defeating thinking, emotions and actions while working towards long-term satisfaction and quality of life.

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

Point 1: Building and Maintaining Motivation

Point 2: Coping with Urges

Point 3: Managing Thoughts, Feelings and Behaviors

Point 4: Living a Balanced Life



Date(s): Tuesdays 1:30-3pm

Wednesdays 3:30-5pm

Thursdays 3-4:30pm



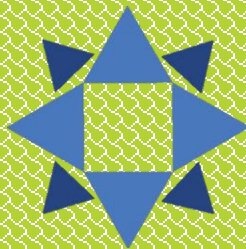
Location: Zoom (videoconference link and ID will be sent to you after sign up)



Contact Info: Contact your Canadian Mental Health Association Peel Dufferin (CMHA PD) worker directly to sign up. If you do not have a CMHA PD worker, contact Triage at 905-451-2123.



For more information about the SMART Recovery[®] program please visit: www.smartrecovery.org



Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous