



# SMART Recovery<sup>®</sup>

Self-Management and Recovery Training

SMART Recovery<sup>®</sup> (Self Management And Recovery Training) supports individuals who have chosen to abstain (or considering abstinence) from any type of addictive behaviours (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<sup>®</sup> 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 Behaviours
- Point 4: Living a Balanced Life



**When:** Tuesdays 1:30-3:00pm



**Location:** Zoom

(Videoconference link and ID will be sent to you after registration. List of all SMART Toronto meetings can be accessed here:

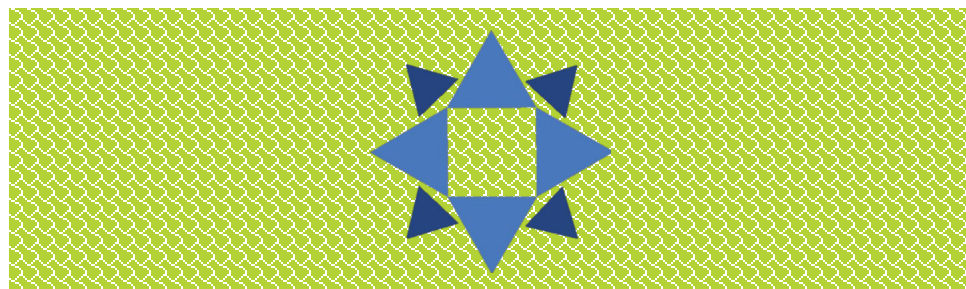
<https://smartrecoverytoronto.com/get-started/>)



**Contact Info:** Contact Canadian Mental Health Association Peel Dufferin Triage to register - 905-451-2123 option 3.



For more information about the SMART Recovery<sup>®</sup> program please visit: [www.smartrecovery.org](http://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