

SMART Recovery Group

Canadian Mental Health Association (CMHA) Peel Dufferin



WHAT IS SMART RECOVERY?

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).

SMART RECOVERY 4-POINT PROGRAM

- Point 1:** Building and Maintaining Motivation
- Point 2:** Coping with Urges
- Point 3:** Managing Thoughts, Feelings and Behaviors
- Point 4:** Living a Balanced Life

WHEN

TUESDAYS 1PM-2:30PM

WEDNESDAYS 3:30PM-5PM

THURSDAYS 12:30PM-2PM

WHERE

ZOOM

WWW.SMARTRECOVERY

TORONTO.COM/

REGISTRATION

CMHA PEEL DUFFERIN

INTAKE 905-451-2123

EXT. 3



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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

CMHAPEELDUFFERIN.CA