SMART Recovery®
Self Management and Recovery Training

Discover the Power of CHOICE!

SMART Recovery® is an international non-profit, volunteer driven organization that offers free face-to-face and online mutual self-help groups. 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 satisfactions and quality of life. SMART teaches the use of tools to stop alcohol and drug abuse, or to manage or stop activities that have become compulsive, such as smoking, overeating, gambling, sexual behavior and internet use.

SMART Recovery® is an alternative program to Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), using a science-based approach. The SMART Recovery® program uses non-confrontational motivational, behavioral and cognitive methods in assisting individuals seeking abstinence from addictive behaviors. SMART Recovery® provides over 600 face-to-face meetings worldwide, plus additional online meetings at various times throughout the week. In addition, our online message board is an excellent forum in which to learn about the SMART Recovery® program and seek support and interactions with other online members.

Visit us online at: www.smartrecovery.org

SMART IS SELF MANAGEMENT AND RECOVERY TRAINING

SMART Recovery®
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LOCAL MEETING & CONTACT INFORMATION
East Bay Recovery Center
31 Railroad Ave. Warren RI. 02885 - (401)-289-2055

Fridays 1:30 P.M. – 3:00 P.M. (In-Person Only)

Saturdays 11:00 A.M. – 12:30 P.M. (Virtual/Zoom Only)
Zoom: 839 0762 9852