

Welcome to SMART Recovery; Self Management And Recovery Training. We are a self help group founded on the use of cognitive tools and self empowerment; we believe that the power to change lies within. The best way to understand SMART is to start with our 4 point program.

Building and maintaining motivation. We are not all motivated for the same goal. We meet people where they are at. Some come because they have to, some to figure things out, and some to stop maladaptive behaviors. In meetings we help people answer questions and ultimately focus on stopping or how to get there.

Coping with urges and cravings. There will likely be a moment that you will want to engage in the behavior, we have a set of tools that allow us to work through this moment without engaging in the behavior. How do we do this.....

Managing thoughts, feelings, and behaviors. We believe that by exploring and changing the way we think and feel, we can change the decisions we make and the way we behave. This is accomplished by using SMART's cognitive tools.

Life style balance. We believe that where we spend our time and energy and how satisfied we are with different areas of life is an important piece of recovery. Maintaining balance becomes an ongoing practice like managing our thoughts.

Other important points. We are not behavior specific and do not require participants to identify their challenges. No one has to participate, you can pass. All are welcome. Meetings are safe and confidential. We meet people where they are at and focus on how to change. We avoid labels and black and white thinking, what works for one person is not the same for another. We are spiritually neutral; our members can believe what they choose. We use evidence based, scientifically proven tools. We are open to a variety of approaches but focus on SMART and in meetings, we focus on stopping maladaptive behaviors. Meetings differ one from another, check out a variety of meetings and meeting leaders. We offer support through meetings and education. Feel comfortable and connect with others in the meeting. Most importantly, discover the power of choice!