



SMART is Self-Management and Recovery Training. All meetings are free and open to anyone who would like to attend. SMART Recovery® is an international non-profit volunteer-led organization that brings science and reason to the self-help journey.

- SMART Recovery® offers tools that can help you stop abusing alcohol and other drugs, or to manage or stop activities that have become compulsive, such as overeating, gambling, sexual behavior, and internet use.
- SMART Recovery® can be an alternative or supplement to 12-step and Anonymous programs.
- SMART Recovery® 4-Point ProgramSM

Point 1

Enhancing and Maintaining Motivation to Abstain

Point 2

Coping with Urges

Point 3

Problem Solving

(Managing thoughts, feelings, and behaviors)

Point 4

Lifestyle Balance

(Balancing momentary and enduring satisfactions)

For more information about SMART Recovery® please visit www.SMARTinPhoenix.org or www.SMARTRecovery.org.

Our Purpose:

To support individuals who have chosen to abstain, or are considering abstinence, from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and how to work towards long-term satisfactions and quality of life.

SMART Recovery®
www.SMARTinPhoenix.org
www.SMARTRecovery.org

[meetup.com/SMARTinPhoenix](https://www.meetup.com/SMARTinPhoenix)
Twitter: @SMARTinPhoenix
info@SMARTinPhoenix.org



Where We Meet

Phoenix

Sunday, 7:30am
St. Luke's Behavioral Health Center
Resource Bldg – Auditorium
1800 E Van Buren

Tuesday, 6pm
St. Luke's Behavioral Health Center
Resource Bldg – Auditorium
1800 E Van Buren

Wednesday, 7pm
Phoenix Baptist Hospital
2000 W Bethany Home, 5th Floor

Phoenix (con't)

Friday, 4:30pm
YMCA
350 N 1st Avenue

Tempe

Wednesday, 7pm
Pyle Adult Recreation Center
655 E Southern Road (One Hour)

Who We Are

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