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SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.

SMART Recovery meetings take place throughout the world and online, and are open to anyone. The program is extremely beneficial to not only an individual in recovery, but also their family members and friends. While there is no cost to attend SMART Recovery meetings, many groups accept donations for the cost of materials and offer volunteer opportunities. Facilitators recommend going to at ...

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Our SMART Recovery Programme can help if you are looking to change your harmful addictive behaviour and lead a balanced and fulfilling life. Our family and Friends programme helps individuals who have a loved one struggling with addiction. For more information about our Programmes, attending a meeting and accessing training please select the appropriate link below. SMART Recovery Programme ...

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SMART Recovery is an international non-profit organization that

provides assistance to individuals seeking abstinence from addiction. SMART stands for Self-Management and Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy (CBT) and non-confrontational motivational methods. SMART Recovery is an alternative to Alcoholics Anonymous (AA) and ...

What to Expect at a SMART RECOVERY Meeting | My FIRST Smart Recovery MEETING *An Intro to Smart Recovery by Curtis Boudreau at Sobriety.ca* *The Best of SMART: The Tools Dr. Joe Gerstein - SMART Recovery, Motivation and Hierarchy of Values AUTHENTICS Worldwide Premiere - Presented by SMART Recovery USA* **About SMART Recovery (Self-Management And Recovery Training)**. SMART Recovery® - *Who We Are Unconditional Self Acceptance (USA) - TIPS \u0026 TOOLS for RECOVERY that WORKS! EP7 The ABCs of Coping with Urges - TIPS \u0026 TOOLS for RECOVERY that WORKS! EP2*

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What is SMART Recovery? How Does SMART Recovery work? SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery. This is the SMART Recovery 4-point programme: Building and maintaining motivation; Coping with urges; Managing thoughts, feelings and behaviours ; Living a balanced life; People can stay with SMART as long as they wish ...

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SMART Recovery Australia

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SMART Recovery

The SMART Recovery Handbook details each point in the 4-point program. It also provides tips and exercises to maintain a sober life. The 4-point program is not a step program. Participants can tackle a specific point in any order based on their needs. Building and maintaining motivation. Having the proper willingness to stay sober is an important part of reaching long-lasting recovery ...

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