

Local Meetings

-
-
- Wednesdays 7-8:30 p.m.
Wil-Mar Center, 953 Jenifer Street,
Madison
- Thursdays 7-8:30 p.m.
New Self Renewal Center, 6300
Enterprise Drive, Madison
-
-

**Please check our website to
get the most up-to-date list of
meetings.**

www.madisonSMARTrecovery.com

**If you are affected
directly or indirectly by
harmful addiction you
should know about us.**



SMART Recovery®
Self-Management
And
Recovery Training

SMART Recovery®

MOTIVATION TO ABSTAIN

COPING WITH URGES

PROBLEM SOLVING

LIFESTYLE BALANCE

What is SMART Recovery®?

- Friendly confidential discussions facilitated by volunteers.
- A program for ending Addictions.
- A program based on:
Choice
Empowerment
Personal Responsibility
Proven Principles of Change
Unconditional Self Acceptance
Science and Reason
Humanist Values
- An all volunteer not-for-profit international organization.

What makes SMART Recovery® different?

- **Science:** Our program is built on tools for recovery, rigorously tested and accepted in modern psychology and behavioral science.
- **Secularity:** Belief in a higher power is *not* required. Spiritual and religious convictions are optional and viewed as a personal matter.
- **Sobriety:** SMART Recovery is for people who have chosen, or who are considering, a permanent abstinence decision as their rational and easier solution to addiction.

Does this program work?

Yes! The tools and techniques we offer can make your efforts and your persistence more productive.

How does SMART Recovery® work?

- We share the tools for Achieving “The SMART Recovery 4-Point Program®”
 1. Maintaining motivation
 2. Coping with cravings
 3. Managing emotional and practical problems
 4. Living a life with balance guided by our higher values
- We engage in friendly, supportive confidential, and open discussions, and

We do this without labels, shaming, dire predictions or confrontations.