

*Discover the
Power of Choice!*



SMART Recovery®
Self-Management and Recovery Training

Welcome to SMART Recovery®, a science-based addiction recovery support group—where participants learn self-empowering techniques to aid their recovery through mutual-help face-to-face and online meetings and services. No matter what your addiction, SMART Recovery tools and techniques can help you overcome the behavior.

Toronto Area SMART Recovery Youth Meeting

Ages 14-24 are welcome Monday Evenings, 7:00 - 8:00 pm

Meeting Location: Locke Library - SE corner

Yonge St. & Lawrence Ave.

(directly across from Lawrence Ave TTC subway station)

Meeting Facilitator: Cynthia Moore 416-628-9185

cynthia.moore@rogers.com

Meeting Schedule:

Mondays 7-8 pm - July 15th, 22nd, 29th

Mondays 7-8 pm - August 19th, 26th

Mondays 7-8 pm - September 16th, 23rd, 30th

Mondays 7-8 pm - October 21st, 28th

Mondays 7-8 pm - November 11th, 18th, 25th

Mondays 7-8 pm December 9th, 16th, 23rd, 30th

SMART Recovery® offers free face-to-face and online support group meetings. SMART (Self-Management And Recovery Training) helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. SMART is an alternative to Alcoholics Anonymous and Narcotics Anonymous. SMART Recovery® supports 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 to work towards long-term satisfactions and quality of life. SMART Recovery® offers hundreds of face-to-face meetings around the world. SMART also offers multiple daily online meetings. To tap into the vast online resources of SMART, please visit the national website at www.smartrecovery.org. SMART Recovery® meetings are open to all who are interested. There are no requirements. Meetings are discussion based and focus on current problems and challenges that participants are facing. The goals are 1) building and enhancing motivation to quit; 2) coping with urges; 3) problem solving (managing thoughts, feelings and behaviors); and 4) creating a healthy, positive lifestyle. Participation in the discussion is strictly voluntary, and meetings are confidential. SMART Recovery® is free. Your time and effort are the only cost, although donations are welcome. SMART Recovery® • 7304 Mentor Ave, Suite F • Mentor, OH 44060 • (866) 951-5357

VISIT SMART Recovery ONLINE - www.smartrecovery.org