

Life is full of choices: "Discover the Power of Choice"

SMART is a self-empowered community focused on supporting individuals' progress and stopping problematic addictive behavior through providing a safe space for participants to interact.

Participants have the opportunity to discover and practice science-based tools, exercises, and strategies that may be helpful in their recovery. We do this through discussion meetings and also meetings specifically geared toward introduction to new information.

Each discussion provides a venue where topics may arise that evoke an unexpectedly strong emotional response. We recommend you consult a medical professional if you have an intense reaction to anything raised in a meeting.

SMART encourages participants to explore a holistic approach to recovery that includes medical care, psychiatric care, medication, spirituality, exercise, mindfulness, nutrition, sleep, outside meetings, and anything else you discover that provides assistance for you in your recovery journey.

Meetings are NOT intended to take the place of medical or psychiatric care. SMART's facilitators are volunteers that are trained to host/facilitate meetings and are not present to provide medical opinions.

SMART provides options for you to explore in your self-empowered recovery journey. Nothing discussed in any SMART meeting works for each individual. With the power of choice comes the power and responsibility to choose what meetings one attends. We welcome your participation.