



REAL TALK | REAL SUPPORT | REAL FRIENDS



BE EMPOWERED ▪ **MAKE NEW FRIENDS** ▪ **FEEL UNDERSTOOD**

YOU'LL LEARN TO:

- Build and maintain motivation
- Cope with urges
- Deal with thoughts, feelings, and behaviors
- Live a balanced life

WHAT'S IT LIKE?

- Judgement-free
- Friends helping friends
- Fun social gatherings
- Learn skills to take control of your life and be happier!

SMART Recovery[®]

LOCATIONS THROUGHOUT CONNECTICUT.
FOR LOCATIONS NEAR YOU, VISIT:
TINYURL.COM/CROSSMEETINGLOCATIONS



SMART Recovery meetings for ages 18-24
Meetings will take place at: AHM Youth & Family
Services, 25 Pendleton Drive, Hebron
Monday's 5:30pm-7pm
For more information, call AHM (860) 228-9488