



UK SMART Recovery®

**HAVE AN ADDICTIVE BEHAVIOUR THAT IS
TROUBLING YOU?**

DO YOU THINK YOU ARE DRINKING TOO MUCH?

IS YOUR DRUG USE OUT OF CONTROL?

SMART Recovery runs mutual support meetings where through open and confidential discussion, we help ourselves & each other recover from any kind of addictive behaviour

SMART is a science-based programme, free & welcoming, our purpose is to help each other in seeking abstinence from addictive behaviours, offering a set of proven tools & techniques to support our recovery, based on a 4-point programme:

- Building and maintaining motivation
- Coping with urges
- Managing thoughts, feelings and behaviours
- Living a balanced life

YOUR LOCAL MEETINGS OUR HELD

FROM 7th NOVEMBER ONWARDS & EVERY WEEK

Tuesday's 11am, Willow Walk Cambridge CB1 1LA
contacts Ally & Lewis 01223 519 400

Friday's 1pm, TVP, 222 Victoria Road Cambridge CB43LG
Contacts Gary & Jimi 01223 352 718

More information can be found at **www.smartrecovery.org.uk**