



How can I learn more?

To learn about **SMART Recovery**® and the tools for recovery you can go:

- On-line at www.smartrecovery.org
- Attend **SMART Recovery**® meetings.

For a complete list of meetings in your area visit: www.smartrecovery.org/meetings/db/view/

For **SMART Recovery**® online meetings visit: www.smartrecovery.org/meetings/olschedule.htm

There is an active forum board available at: www.smartrecoveryforum.org

Check out the many helpful publications available for purchase at www.smartrecovery.org including:

- *The SMART Recovery*® Handbook
- *Sex, Drugs, Gambling & Chocolate: A Workbook for Overcoming Addictions*

By Dr. A. Thomas Horvath

- *Alcohol: How to Give it Up & Be Glad You Did*

By Philip Tate

and many more, available for purchase through our online bookstore.

A free welcome package of introductory materials to read, along with a more complete list of reading suggestions may be picked up at face-to-face meetings or by visiting our web site at:

www.smartrecovery.org

SMART Recovery®

is a registered trademark of the

Alcohol and Drug Abuse Self-Help Network, Inc.

Self-Management And Recovery Training

Almost everyone knows of someone who is affected, either directly or indirectly, by a harmful addiction. For example, the National Institute on Alcohol and Alcohol Abuse has reported that **1 in every 13** adults abuse alcohol.

Please help these people by the sharing of this brochure, which contains information about the science-based and secular self-help group **SMART Recovery**®, along with any other people who might be interested or should know about this program, i.e. doctors, other health care professionals and clergy.



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SMART Recovery® Self Management And Recovery Training

Free Self-Help Groups

SMART Recovery® is a scientific alternative for people who are seeking independence from alcohol, drugs, gambling and other addictive behaviors.

To obtain the schedules of face-to-face and on-line meetings, or to get information on how to start a meeting in your area, please visit us at: www.smartrecovery.org

LOCAL MEETING CONTACT & INFORMATION:

Weekly Meetings

Community Wise Resource Centre
223—12th Avenue S.W., Calgary, AB.
Monday, Wednesday, Thursday & Friday
7:00 to 8:30 p.m.

Saturdays 10:00 to 11:30 a.m.

Wellness Centre at South Health Campus
4448 Front Street SE
Sundays 3:00-4:30 pm

For more info - K'Call Curtis at (403) 619-4210

FREQUENTLY ASKED QUESTIONS

What is SMART Recovery?

- **SMART Recovery**® is a self-help program for ending addictive behaviors through abstinence based on science, reason and humanistic values.
- **SMART Recovery**® provides free local and on-line self-help meetings led by trained facilitators who are supported by a local professional advisor and a national board of addiction specialists who offer an ongoing facilitator training network.
- **SMART Recovery**® is an international non-profit organization run by both professional and non-professional volunteers who are dedicated to providing free self-help meetings and information to help people seeking independence from harmful addictive behaviors and offering training to the volunteer facilitators and advisors who form the backbone of the organization.
- **SMART Recovery**® is a program based on:
 - Choice
 - Personal Responsibility
 - Proven Principles Of Change
 - Unconditional Self-Acceptance
 - Science, reason and humanist values

Visit **SMART Recovery**® on the web at:

www.smartrecovery.org

How is SMART Recovery® different?

SMART Recovery® builds its program on rigorously tested scientific methods accepted in modern psychology, particularly with Cognitive-Behavioral techniques, Rational Emotive Behavior Therapy (REBT) principles and the non-confrontational principles of Motivational Enhancement Therapy.

We also hold that a person's spiritual convictions and religious beliefs are a deeply personal matter. Spirituality may be helpful for some, but they are not a "requirement" of our program.

Does this program work?

Yes! If you're willing to work hard and persistently at helping yourself, the tools and techniques offered through the **SMART Recovery**® program can make your efforts more productive.

How does SMART Recovery® work?

In our friendly, small group settings, we talk freely, sharing ideas, support and experience. We learn proven, practical self-management and recovery skills through these discussions and self-help activities.

We also learn specific methods for each task of the **SMART Recovery**® 4-Point Program™ to:

- ◆ Enhance and maintain motivation to abstain
- ◆ Cope with urges
- ◆ Manage thoughts, feelings and behavior
- ◆ Balance momentary and enduring satisfactions

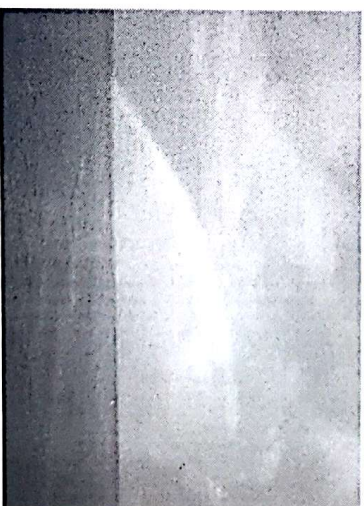
Brochure designed by
SMART Recovery® Volunteers

Can I "use" socially?

We believe a permanent abstinence decision can be a rational, easy and hassle-free solution to addiction. With the use of the right tools and skills, most people can quit without a lifelong struggle and dependency on a group. However, we view sobriety as a personal choice and relapse as a learning opportunity.

Is this something new?

SMART Recovery® includes ideas that go back to ancient Greek philosophers and the Rational Emotive Behavior Therapy of Dr. Albert Ellis. The methods in our toolbox of techniques have been carefully tested and found effective for many individuals over the years. These powerful practices and ideas, learned and discussed in an encouraging, friendly and supportive environment, form the foundation for our self-help groups.



Discover the power of CHOICE!