

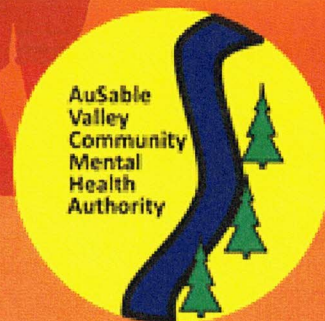


SMART RECOVERY GROUP

Learn the latest science & evidence-based skills to create a better tomorrow for you & your loved ones.

SMART Recovery 4-point program

- 1** Building & Maintaining Motivation
- 2** Coping with Urges
- 3** Managing Thoughts, Feelings, & Behaviors
- 4** Living a Balanced Life



SMART Recovery advocates choice, so those seeking recovery can choose what works best for them!

JOIN US

Wednesdays

1:00pm–2:30pm

St. John Lutheran Church
155 Fairview Rd
West Branch, MI 48661

For questions, contact Joanne Sisco at 989-345-5571 or joanne.sisco@avcmh.org