

## SMART Recovery Meeting Attendance Verification

**Participant Name:** \_\_\_\_\_

**Date of Attendance:** \_\_\_\_\_

**Time of Attendance:** \_\_\_\_\_

**Meeting Type:**

Online

In-Person

**Meeting Number:** \_\_\_\_\_

**Facilitator Name:** \_\_\_\_\_

**Facilitator Email:** \_\_\_\_\_

**Facilitator Signature:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

*This form confirms attendance only and does not assess participation or outcomes.*

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### About SMART Recovery®

SMART Recovery is a science-based recovery program grounded in principles of Rational Emotive Behaviour Therapy (REBT) and Cognitive Behavioural Therapy (CBT). SMART Recovery supports individuals seeking to change substance use or other problem behaviours by helping them to:

1. Build and maintain motivation
2. Cope with urges and cravings
3. Manage thoughts, emotions, and behaviours
4. Live a balanced and healthy life

**For more information:**

Web: [www.smartrecovery-canada.ca](http://www.smartrecovery-canada.ca)

Email: [info@smartrecovery.ca](mailto:info@smartrecovery.ca)