



SMART Recovery®

“Discover the
Power of
Choice!”™

Family & Friends Program

for people affected by the addictive behavior of a loved one

Has your life as a family member or friend of someone with an addiction become unmanageable?

Are you living on an emotional roller coaster?

Learn the latest science- and evidence-based skills that you can use *today*, to create a *better tomorrow* for you and your loved one.

It's true — using a unique blend of cognitive skills tools and the evidence-based strategies of CRAFT, the SMART Family & Friends program can help you regain your sanity and give you the skills you need to support recovery for your loved one.



SMART Recovery® for Family & Friends is a science-based approach that teaches tools to support your well-being as well as tools for providing effective, nonconfrontational support for your loved one. SMART Recovery's solution-oriented approach offers powerful peer support to help you discover how to encourage your loved one to choose recovery.

In our meetings you will...

- Gain insight into change and motivation
- Restore balance in your life
- Adopt a positive communication style
- Restore healthy boundaries
- Maximize safety and support
- Learn to identify “enabling behaviors”
- Resolve trust and forgiveness issues

OASIS Program...

- Thursdays, 12:00–1:00 pm
- Weekly meetings – virtually
- **Facilitators trained in SMART Recovery® 4-Point Program**
- Zoom Meeting ID / Passcode:
868 6338 5437 / OASIS

Contact SmartRecoveryTinaT@gmail.com for more information

