



**SMART**  
Recovery

Life beyond addiction

**Welcome to SMART Recovery®**, the leading self-empowering addiction recovery support group! Learn recovery tools based on the latest scientific research and participate in a world-wide community.

## Addiction Recovery Support

Discover the Power of Choice!™

### What makes SMART Recovery different?

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a “tool-box” of methods and strategies.

The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle and to “move on” when you feel confident your addictive behavior is behind you.



### OASIS Program...

- Thursdays 6:30–8:00 pm
- Weekly meetings – attend in-person at OASIS or virtually
- Facilitators are trained in SMART® 4-Point Program
- Zoom Meeting ID: 885 0549 8229  
Passcode: SMARTOASIS

### ***SMART Recovery is a 4-Point Program:***

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings, and behaviors
4. Living a balanced life

SMART Recovery uses tools based on scientifically tested methods for addiction recovery.

Access the free on-line community tools including chats, message board, YouTube, and more

Contact [Tina@oasisbethlehem.org](mailto:Tina@oasisbethlehem.org) for more information

3410 Bath Pike, Bethlehem, PA 18017 484.747.6825  
oasisbethlehem.org Fb @ oasisbethlehem

