SMART Recovery®
Self-Management and Recovery Training

Discover the Power of Choice! Learn a variety of scientifically-proven tools and techniques from Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), as well as some motivational enhancement techniques. SMART Recovery tools can be used to address all sorts of addictive behaviors.

How Does SMART Recovery Work? It 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

Peer Support Groups are led by trained facilitators with appropriate clearances. Participants have access to online resources and most tools are offered free.

Now Available at the OASIS Community Center…

- **SMART Recovery Teens** is a self-help program for teens, ages 13 to 18 years. The weekly meetings offer a safe setting in which young people can get together to explore and change behaviors that hurt themselves and others. Offers peer support, topic-based discussions, and tools for all stages of recovery. Tuesdays from 3:30 to 5:00 pm. *OASIS is closed to the public during teen meetings.*

- **SMART Recovery Family & Friends** for people impacted by the addictive behavior of someone close to them. Provides additional options to tough love, detachment, and "rock bottom" approaches, this support group offers a skills-based, solution-oriented approach to help you discover how you can encourage your loved one to choose recovery. Thursdays from 6:30 to 8:00 pm.

- **SMART Recovery** for individuals experiencing addictive behaviors. SMART Recovery offers an alternative or supplement to 12-step groups with a focus on ideas, techniques, and coping skills that work well both short- and long-term. Designed to help you achieve positive lifestyle changes, particularly in the areas related to harmful addictive behavior. Thursdays from 6:30 to 8:00 pm.

Visit oasisbethlehem/calendar.org for in-person meeting information and Zoom links for virtual attendance option.

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COMMUNITY CENTER

OASIS Community Center   3410 Bath Pike, Bethlehem, PA 18017   484.747.6825   Rev 04/23/2021