

SMART Recovery...

For Veterans, Active Duty Military,
and First Responders ONLY

Research documents show that an alarming number of veterans and first responders (VFR), suffer from addiction and/or mental health disorders, directly related to their service to our country and communities. The traumatic experiences can overwhelm coping skills, intrude on personal life, affect professional performance, and cause mental health conditions. Many will self-medicate with alcohol and substances or engage in risky behaviors that can compound problems.



Effects on Families

Families of VFRs are at risk as well. The absence of their loved one can create excessive strain, and the homecoming may bring powerful anxieties for everyone involved. First responders compile tremendous amounts of stress due to their professional responsibilities, that they may have a hard time balancing with everyday life. These family members may be suffering from acute or post-traumatic stress disorder, social/emotional detachment issues and any number of injuries received in the line of duty. Unhealthy coping behaviors and lack of healthy support can set off a downward spiral for all involved.

Veterans & First Responder Meetings

There is hope and practical, easy to apply tools. VFRs who have begun to address their challenges are uniquely qualified to help their fellow VFRs. SMART Recovery meetings offer VFRs the help they need in a safe and supportive environment. Meetings are free but registration is required.

NEW! SMART Recovery Veterans & First Responders Meeting

Wednesdays – 7:15 to 8:45 pm – in-person or via Zoom

OASIS Community Center (1st floor)
3410 Bath Pike, Bethlehem, PA 18017

Contact SmartRecoveryAmy@gmail.com for info and Zoom registration.
Zoom link and password provided only upon registration.

Visit [OasisBethlehem.org/Calendar](https://www.oasisbethlehem.org/Calendar) for complete list of support groups.



Search for other local and online meetings and to find out more, visit:

<https://www.smartrecovery.org/veterans>