

# **\*\* NEW MEETING \*\***



**The SMART Recovery approach to recovery is summarized in the Four-Point program.**

**SMART Recovery teaches how to:**

- 1) Enhance and maintain motivation to abstain**
- 2) Cope with urges**
- 3) Manage thoughts, feelings, and behaviors**
- 4) Balance momentary and enduring satisfactions**

**Meeting will take place every Friday from 7pm to 8:15pm  
starting September 10<sup>th</sup> at the**



**429 East Broad ST.**

**Bethlehem, Pa 18018**

**Facilitated by Roger London (610) 360-7819**