



SMART Recovery[®]

Self-Management and Recovery Training

Every Tuesday • 6pm-7.30pm • 59 Ferry Road

What is SMART Recovery?

SMART (Self Management and Recovery Training)

Recovery is a free group program assisting any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others. It is:

- » A free group programme.
- » Guided by trained peers and professionals.

Participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

What to expect at meetings

- » Focus on the addictive behaviour, not the substance itself.
- » Identify goals and set their own achievable plan for the week ahead.
- » Concentrate on the present and future, not the past.
- » Learn evidence based tools and techniques from CBT and motivational interviewing to apply to daily life.



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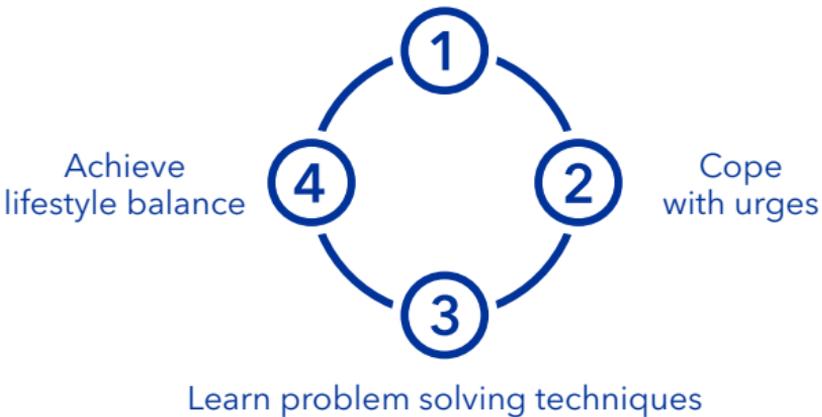
Tools used:

- » Identify the pros and cons of problematic behaviour.
- » Recognise triggers, beliefs and consequences.
- » Cope with craving and urges.
- » Set achievable goals.
- » Evaluate areas of importance.

4-Point Program

In each group session, you'll gain useful skills to help you:

Build and maintain motivation



Discover the power of choice



*Helping people move toward a
productive and fulfilling life.*