



SMART Recovery®

MINDFULNESS & RECOVERY

A SMART RECOVERY MEDITATION MEETING

WHAT TO KNOW

- Learn more about **Mindfulness and Meditation** for **recovery from addiction**
- Learn more about **SMART Recovery** and our **Four-Point Program of Recovery**
- Weekly **Mindfulness-Based Relapse Prevention (MBRP)** meditation instruction by a certified meditation instructor
- Weekly **Mindful Dialogue & Group Discussion**
- Weekly review of a **SMART Recovery Tool**
- **Open Q&A** and **Mindfulness Community Building**
- **Mindfulness Instruction & SMART Meeting**



SCAN ME
PROMO CLIP

WHEN: Mondays 6:30-8:00PM

WHERE: 111 S Downey Ave, Indianapolis, IN 46219
(Downey Avenue Christian Church - Enter from Downey Ave Side of Building)

www.SmartRecoveryIndiana.com
For More Information



What Is SMART Recovery?

- Self-Management And Recovery Training (SMART)

History of SMART Recovery

- Established in 1994
SMART Recovery is an **evidenced-informed recovery method** grounded in **Cognitive Behavioral Therapy (CBT)**, that supports people with **substance dependencies** or **problem behaviors**.

FOUR-POINT PROGRAM

1. Build and Maintain Motivation
2. Cope with Urges and Cravings
3. Manage Thoughts, Feelings and Behaviors
4. Live a Balanced Life



SMART
Recovery

Life beyond addiction