

*Feeling hopeless or out  
of control?*

*Are friends & family  
concerned?*

*Can't concentrate?*

SMART Recovery 4-  
Point Program aims to  
help you:

1. Get & Stay  
Motivated
2. Cope with Urges
3. Manage Thoughts,  
Feelings & Behaviors
4. Live a Balanced Life

SMART Recovery  
teaches practical  
tools and techniques  
to help improve your  
lifestyle.

Join us for an anonymous and free  
discussion about how SMART  
recovery groups might help you in  
your personal healing journey!

Questions? Concerns?

Contact us at the Amador  
Recovery Project.

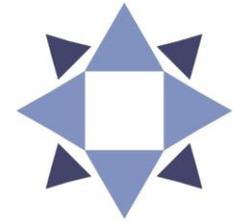
Meetings Held On

Wednesdays at 4:30pm, at the Annex

Helpline: (575) 395.6953 (call or text)

Office Phone: (575) 556.9681

NM Crisis Line: 1.855.662.7474



**SMART  
Recovery®**

**Self-Management and  
Recovery Training**

*Discover the Power of  
Choice*

*Reclaim Your Quality of Life*



**AMADOR**  
HEALTH CENTER

**ANNEX**

999 W Amador Ave, Suite D  
Las Cruces, NM 88005  
Office Tel 575.556.9681

SMART Recovery stands for...

Self  
Management  
And  
Recovery  
Training



## SMART's 4-Point Program:

### 1. Building & Maintaining Motivation

Discover your REASONS to change, and the motivation to keep going!

### 2. Coping with Urges

Cravings and urges happen. Figure out how to deal with these urges and understand why you have them. People can learn to control their response to their urges or even forget about them completely.

### 3. Managing Thoughts, Feelings & Behaviors

Overcome negative thoughts and irrational beliefs. Find NEW ways of dealing with sadness, anger, and other upsets, instead of using.

### 4. Living A Balanced Life

Learn to live a healthy lifestyle by figuring out what's important to you, setting goals, & finding interests.

## Your Recovery. Your Way.

SMART recovery provides tools for all stages of recovery related to alcohol, opioid, and other substance use.

- Self-help, you are in control
- Not 12-step based, no 'higher power'
- Provides tools for all stages of recovery
- Run by qualified, trained facilitators
- Proven science-based tools & support
- Accepted by many courts for required meeting attendance
- Meetings are FREE, donations accepted
- A safe place for questions, issues, & peer supported discussions

Try SMART Recovery, a science-based addiction support group where we learn self-empowering skills and support each other in our recovery.

No matter what you struggle with, SMART Recovery can help you change.