

*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?

Information? Contact us at

Amador Recovery:

Meetings Held On

Wednesdays at 12:30pm, 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



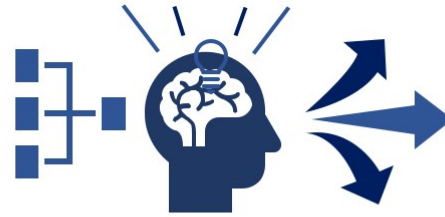
AMADOR
HEALTH CENTER

ANNEX

999 W Amador Ave, Suite D
Las Cruces, NM 88005
Tel 575.556.9681, ext 118

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
- Come with a purpose, leave with a plan

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.