

It's time for a new way of living.

SMART RECOVERY

- Substance Use
- Gambling Addiction
- Sexual Addiction
- Self-Harm
- Technology Addiction

SMART Recovery assists with:

- Addictive behaviors and thoughts
- Motivation
- Coping Strategies
- Building a healthier lifestyle

Now offering groups for:

- ▶ Youth
- ▶ Adult
- ▶ LGBTQ+
- ▶ Men's
- ▶ Friends and Family



Scan the QR code
to learn more
about SMART Recovery

cpydcoalition.org/smart-recovery



**RECOVERY RESOURCES
at Kenneth Young Center**

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