



SMART Recovery
Every Saturday Morning
from 11am
Starting 28th January 2012
At Double Impact, 1st Floor YMCA building,
4 Shakespeare St, Nottingham

About SMART Recovery

SMART Recovery is a peer led group that supports individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives.

The approach is non-spiritual and science based; using motivational, behavioural and cognitive methods.

Through mutual support, open and confidential discussion we help ourselves and each other with recovery from any type of addictive behaviour.

If you have any questions or would like to find out more you can contact the Self Help Nottingham Information Line, 9am-1pm Monday to Friday:

0115 911 1661

info@selfhelp.org.uk

This group is supported by The Recovery Network at Self Help Nottingham. For more information about finding, joining or starting a self help group contact:
0115 911 1662
therecoverynetwork@selfhelp.org.uk



**THE
RECOVERY
NETWORK**
NOTTINGHAMSHIRE