

SMART Recovery Family & Friends

You don't have to suffer alone.

SMART Recovery Family & Friends is a weekly support group for people affected by the addictive behavior of someone they love. SMART Recovery is evidence-based and provides a safe space for people to:

- find connection with others who truly understand what they are experiencing.
- develop more effective coping strategies.
- focus on self-care.
- learn tools which allow them to take back control of their lives.
- heal without judgement.
- establish healthier relationships with their loved ones.

SMART Recovery Family & Friends recognizes that being in a close relationship with someone struggling with an addiction can be a frustrating, painful and lonely journey, in which it is easy to lose your bearings.



SMART Recovery Family & Friends meets every Wednesday from 12:00 pm – 1:30 pm. We will add an evening meeting if there is enough interest.

If you would like to participate or have any questions, please contact us at smartrecovery@ahecwest.org. Information regarding our meetings and program is also posted on ahecwest.org.