



**Awareness, Compassion, Action**

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## **SMART Recovery Meeting**

**EVERY TUESDAY**

**STARTING ON:**

**February 2, 2021**

**MEETING STARTS AT:**

**6:30 PM**

**Location:**

6044 Lincoln Highway  
Suite 400

Greensburg, PA 15601

**24 HOUR HELPLINE**

724-863-5433

**Contact Info:**

[doug@sagesarmy.com](mailto:doug@sagesarmy.com)

724-467-1946



**SMART Recovery<sup>®</sup>**  
Self-Management and Recovery Training

Our meeting focuses on anyone trying to change any addictive behavior including younger adults! Come join us in our journey towards change!

### **Our Purpose**

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

### **Our Approach**

- \* Teaches self-empowerment and self-reliance.
- \* Encourages individuals to recover and live satisfying lives.
- \* Teaches tools and techniques for self-directed change.
- \* Meetings are educational and include open discussions.
- \* Advocates the appropriate use of prescribed medications and psychological treatments.