

Discover the Power of Choice in Mutual Self-Help Support

SMART Recovery is . . .

- Science and evidence-informed
- Effective for all addictive behaviors (substance and non-substance)

SMART's 4-Point Program is our flagship secular approach serving those seeking change. Trained volunteer facilitators lead discussions based on recovery topics.



1

Build and maintain motivation.

2

Cope with urges.

3

Manage thoughts, feelings, and behaviors.

4

Live a balanced life.

FOR MORE INFORMATION:

Wednesdays @ 5:30pm starting 10/21/2026

Contact the ISU Community Psychiatric Center:

(208) 282-2434 Email: isucpc@health.isu.edu

www.smartrecovery.org