

SMART RECOVERY

DO YOU NEED HELP OVERCOMING AN ADDICTION?

**Every Tuesday
4 - 5 p.m.**

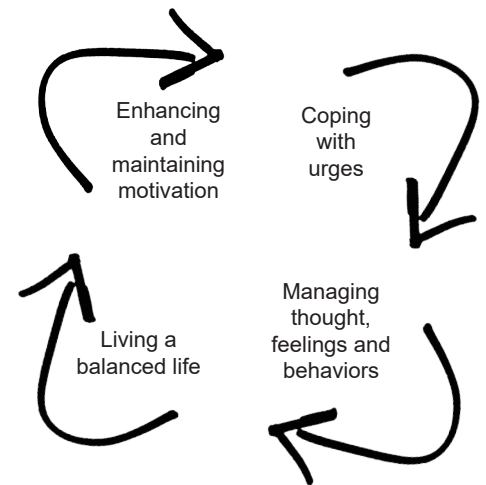
**Greeley Recreation Center
651 10th Avenue - Downtown Greeley
Just show up – you don't have to register
Snacks/Refreshments served**

SMART Recovery helps you address your addictions and succeed in life. It is an evidence and abstinence-based, self-empowering support group for youth and young adults. SMART focuses on

Terrible grades. Angry partner. No money. After getting addicted to alcohol everything in Rachel's life changed for the worse. Her addiction ruled her life. She knew she needed help.

Are you addicted, like Rachel? To alcohol? To marijuana? To food? To relationships? Do you need a judgement free zone to support your recovery?

If you say "yes" to any of these questions and are 13-22 years old, then SMART Recovery is for you!



It took six months, but Rachel's time in SMART Recovery has changed everything. Now moving in the right direction, she regularly has spending money and is again working toward her hopes and dreams. Rachel's story can be yours.



 **SMART Recovery**[®]
Self-Management and Recovery Training

Join us any Tuesday at 4:00 p.m. at the Downtown Greeley Rec Center.
For more information: Contact Erin Wilson at 970-304-6180 or erin@unitedway-weld.org