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**New SMART Recovery Family & Friends group starting February 12<sup>TH</sup>!  
Every Monday 6:45-8:00pm at RM4**

*Do you feel helpless and confused about  
your teen's addiction or other struggles?*

**SMART Recovery for Family & Friends  
provides:**

- Support and tools for people who are affected by the addictive/self-destructive behavior of someone close to them.
- Aims to help participants develop more effective coping strategies and find a greater sense of fulfillment in their own lives.

 **SMART Recovery**<sup>®</sup>

Family & Friends



***TAKE THE STEP. MAKE THE CHANGE.***

Sponsored by:

