



A free, self-help evidence-based program that helps **teens** and **adults** gain and maintain independence from all types of addictive or problematic behaviors.

The 4-Point ProgramSM

1. **Enhance** and maintain the motivation to abstain
2. **Cope** with cravings and urges
3. **Manage** thoughts, feelings and behaviors
4. **Balance** momentary and enduring satisfactions

SMART Recovery[®] Program and Introduction to Facilitation of Meetings for Teens

Thursday, July 16, 2009

8:30 am - 4:30 pm

University of Arizona South ~ Room 506

1140 N. Colombo Ave.

Sierra Vista, Arizona 85635

“This training is intended for teens in recovery who are interested in facilitating meetings and for the adults who support them.”

RSVP is required to attend this training. Please contact Cynthia Aspengren at (520) 417-9430 or cynthia.aspengren@cpsa-rbha.org.

Self-Management and Recovery Training