



## SMART Recovery Meetings in Lawrence, KS

### What is SMART Recovery?

- SMART Recovery is an evidence-based program based on Cognitive Behavioral Therapy
- We welcome any person engaging in any addictive behavior (e.g., alcohol, opioids, amphetamines, tobacco, gambling, compulsive sex, pornography, binge eating)
- We help people by focusing on:
  1. Building and maintaining motivation
  2. Coping with urges and cravings
  3. Managing thoughts, feelings, and behaviors
  4. Living a balanced life

### Meeting Specifics

- No reservations are necessary
- Meetings are provided at no cost – *FREE!*
- Attendance at SMART Recovery does not conflict with other approaches to recovery (e.g., AA, NA, outpatient, etc.) – many of our participants attend multiple recovery groups
- People are welcome to attend as many or as few meetings as they wish

### Meeting Dates and Times

We meet every Monday, Wednesday, and Friday at Lawrence Public Library:

**Monday**     **3:30 – 5:00 pm** (Meeting Room C)  
**Wednesday** **5:00 – 6:30 pm** (Meeting Room B)  
**Friday**     **5:00 – 6:30 pm** (Meeting Room C)

Meeting times can also be found online via the SMART Recovery meeting locator (<https://www.smartrecoverytest.org/local/>) or the Lawrence Public Library event portal (<https://lawrence.bibliocommons.com/events/>)

Please distribute this information widely. And of course, feel free to contact us with questions.

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