

SMART

Self Management And Recovery Training

4- Point Programme

- 1 - Building & Maintaining Motivation
- 2 - Coping with Urges
- 3 - Managing Thoughts, Feelings & Behaviours
- 4 - Living a Balanced Life

No matter what your addiction, you are not alone.

We focus our meetings on the present and the future, not the past.

Interested in becoming a Peer SMART Facilitator?

We are always looking to develop new Peer SMART Facilitators to enable us to run more groups. If you are in advanced stages of your recovery and would like to inspire others, then this could be for you. If you are interested in developing your skills in SMART further and beginning the on-line training, please speak to your facilitator or contact:

Email: training@smartrecovery.org.uk

or

Tel: 07494 376004
Email: daveh@smartrecovery.org.uk
(Dave Hasney - National Co-ordinator for England)

To find out about SMART meetings in your area, please use the link below:

www.smartrecovery.org.uk/meetings/

Contact Catalyst at:

TEL: 01483 590150

TEXT: 07909 631623

EMAIL: info@catalystsupport.org.uk

ADDRESS: 14 Jenner Road, Guildford, Surrey, GU1 3PL

Peer Led SMART Recovery Meetings

SURREY 2018



 **UK SMART Recovery®**
Self-Management and Recovery Training

 **catalyst**
HELPING PEOPLE CHANGE

SMART Recovery Peer Led Meetings



Monday

Staines 13:30 – 14:30
Staines Methodist Church,
Thames Street,
Staines-Upon-Thames
Surrey, TW18 4SD

Tuesday

Guildford 10:00 – 11:00
Catalyst,
14 Jenner Road,
Guildford,
Surrey, GU1 3PL

Molesey 18:30 – 19:30
Molesey Community Clinic,
Walton Road,
West Molesey,
Surrey, KT8 2HZ

Wednesday

Redhill 10:00 – 11:00
Methodist Church,
Gloucester Road,
Redhill,
Surrey, RH1 1BP

Thursday

Camberley 10:30 - 11:30
Catalyst,
183a London Road,
Camberley,
Surrey, GU15 3JS

Dorking 10:00 – 11:00
Clarendon House CMHRS,
28 West Street,
Dorking,
Surrey, RH4 1QJ

Friday

Woking 10:00 – 11:00
Maybury Centre
Board School Road,
Woking,
Surrey, GU21 5HD

Voluntary donations towards meeting costs (tea, coffee, venues, literature etc) are greatly appreciated

Information

All meetings are for people aged 18+

No appointments necessary

All are welcome

**We are unable to permit late entry into meetings.
We politely ask that you respect this.**

For all meetings please ensure you arrive promptly. If you are new to the meetings please arrive early on your first visit, so you can be welcomed.

We understand that you may currently be reducing substance use, but please don't go 'over the top' before attending a meeting – it can have a negative impact on others who wish to become/remain abstinent.

On-line Meetings can also be accessed on the UK SMART Recovery website:

www.smartrecovery.org.uk