

# 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**

**For more information please contact:**

**TEL: 0300 222 5932**

**CONFIDENTIAL EMAIL: [rx.x.iaccess@nhs.net](mailto:rx.x.iaccess@nhs.net)**

**ONLINE: [www.surreydrugandalcohol.com](http://www.surreydrugandalcohol.com)**



## ■ Information

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](http://www.smartrecovery.org.uk)**

If you are interested in developing your skills in SMART further and beginning the on-line training, please speak to your group facilitator or key worker.

# SMART

# Recovery

# Meetings

SURREY

# ■ Timetable



## Tuesday

**Farnham 13:00 - 14:00**  
40 Degreez Centre,  
Dogflud Way,  
Farnham,  
Surrey,  
GU9 7UT

## Wednesday

**Guildford 13:00 – 14:30**  
Laurel House,  
Farnham Road Hospital,  
Farnham Road,  
Guildford,  
Surrey  
GU2 7LX

## Thursday

**Epsom 14:00 – 15:00**  
Brickfield Centre,  
Portland Place,  
Epsom,  
Surrey  
KT17 1DL

**Redhill 18:00 – 19:00**  
Wingfield Resource Centre  
St Annes Drive  
Redhill  
RH1 1AU

**Chertsey 15:00 – 16:30**  
Abraham Cowley Unit,  
St Peter's Hospital,  
Guildford Road,  
Chertsey,  
Surrey  
KT16 0QA

# ■ Treatment meetings

**All meetings are for people aged 18+**

**All attendees must be in treatment with i-access or Catalyst.**

If you are not in a treatment programme, there are other SMART meetings available in the area that you may be able to attend. Have a look at the below link for more information on SMART meetings in your area:

**[www.smartrecovery.org.uk/meetings/](http://www.smartrecovery.org.uk/meetings/)**

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