



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: rxx.iaccess@nhs.net

ONLINE: www.surreydrugandalcohol.com

SMART

Recovery

Meetings

SURREY

■ 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.

Online Meetings can also be accessed on the UK SMART Recovery website

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.

■ Timetable



Monday

Guildford 14:00 – 15:00

Laurel House,
Farnham Road Hospital,
Farnham Road,
Guildford,
Surrey
GU2 7LX

Tuesday

Farnham 13:00 - 14:00

40 Degreez Centre,
Dogflud Way,
Farnham,
Surrey,
GU9 7UT

Thursday

Epsom 14:00 – 15:00

Brickfield Centre,
Portland Place,
Epsom,
Surrey
KT17 1DL

Chertsey 15:00 – 16:00

Abraham Cowley Unit,
St Peter's Hospital,
Holloway Hill,
Chertsey,
Surrey
KT16 0AE

Redhill 18:00 – 19:00

Wingfield Resource Centre
St Annes Drive
Redhill
RH1 1AU

■ 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/

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