

Welcome to SMART Recovery®, a science-based addiction support group where we learn self-empowering skills and support each other in our recovery. No matter what your addiction, SMART Recovery can help you change.



SMART Recovery®

Life beyond addiction

What makes SMART Recovery different?

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a 'tool-box' of methods and strategies. The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle and to 'move on' when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program.

SMART Recovery 4-Point Program®

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviors
4. Living a balanced life

How does SMART Recovery work?

SMART Recovery uses tools based on scientifically tested methods for addiction recovery, such as Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy, and Motivational Interviewing.

SMART Recovery Workshop

Mondays 4pm

Hope & Healing Recovery Community Center

2 Maple St, Hudson Falls, NY 12839

(518) 480-5499

Check our Facebook page for calendar, updates!