



addiction recovery agency

treatment, support, recovery

King's Court, King Street, Bristol BS1 4EF

Telephone 0117 930 0282

Fax 0117 929 4810

email info@addictionrecovery.org.uk

web www.addictionrecovery.org.uk

SMART Recovery

ARA is now running SMART Recovery meetings on Wednesday evenings 6pm till 7.30pm. SMART stands for Self-Management And Recovery Training.

These meetings are confidential mutual support meetings where individuals share experiences and advice to help each other with any type of addictive behaviour and some of the problems that they can cause.

These meetings are for any individuals who are thinking of changing their drinking or drug use or any other kind of addictive behaviour, these meetings are free to anyone. It is an abstinence based programme which uses Rational Emotive Behavioural Therapy or Cognitive Behaviour Therapy to help its members gain a better understanding of how their emotions and thinking lead them to act in the way that they do.

SMART uses easy to understand tools and techniques to help people help themselves combat addiction and addictive behaviours. SMART follows a four point programme to; build and maintain motivation, cope with cravings and urges, problem solve, and maintain a healthy balanced lifestyle.

SMART meetings can be used alongside or as part of any programme that has abstinence as its goal. SMART is not a life-long programme as it is hoped that its members will gain the skills necessary to meet the demands of every day life substance free and without resorting to previous behaviours.



addiction recovery agency limited Limited Company Number 2540814 Registered Charity Number 1002224

Patrons The Lord Lieutenant of the County and City of Bristol, The Lord Mayor of Bristol, The Bishop of Bristol, The Bishop of Clifton, The Rt. Hon. Baroness Corston.

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