



[www.ncvrc.com](http://www.ncvrc.com)

275 Brooklyn Street,  
Suite 2  
Morrisville, VT 05661

Open drop-in hours:

Wednesdays-Fridays 10  
AM - 4 PM

Saturdays & Sundays  
10 AM-1 PM

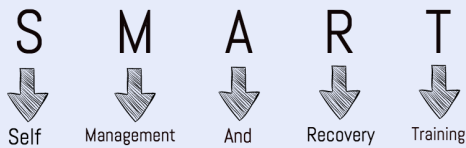


**Self  
Management  
And  
Recovery  
Training**

Wednesdays @ 12 PM  
Sundays @ 1 PM



/NorthCentralVermontRecoveryCenter/



## Discover the power of Choice!

### SMART Recovery uses a 4-Point Program:

- Building and maintaining motivation
- Coping with urges
- Managing thoughts, feelings and behaviors
- Living a balanced life

### SMART Recovery is...

...support for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work toward long-term satisfactions and quality of life.

...a self-help program for ending addictive behaviors through abstinence, based on science and humanistic values.

...free local and online support meetings led by trained facilitators, supported local professional advisors and a national board of addiction specialists who offer ongoing facilitator training and assistance.

...a weekly 60-minute meeting. Some meetings are tool or topic specific, but most are general meetings that follow a standardized meeting agenda, including time for discussion. Attendance verification is provided on request.

### What makes SMART different?

**SMART Recovery** advocates for choice in recovery, so that those seeking recovery know the variety of options available to them and can choose from among them. **SMART Recovery** encourages a holistic approach, with the goal being to achieve a healthy and balanced lifestyle.

