



SMART Recovery®

Self-Management and Recovery Training

DISCOVER THE POWER OF CHOICE!

Cheshire Human Services is offering a SMART Recovery Group for youth in grades 9-12 at Cheshire High School. SMART Recovery, is a science-based program to help people manage their recovery from any type of addictive behavior, including alcohol and other drugs and vaping/e-cigarettes. SMART stands for Self-Management and Recovery Training. SMART Recovery is recognized by NIH, American Academy of Family Physicians, VA HealthCare and SAMHSA.

SMART Recovery approach centers around the following 4 points:

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

Cheshire's SMART Recovery Group and SMART Recovery Family & Friends Group will be co-facilitated by Michelle Piccerillo, MS, LMFT and Fatime Yusuf, MS, MFT.

For more information, to register, or to make a referral please contact Cheshire Human Services at (203) 271-6690 or by email at mpiccerillo@cheshirect.org.

SMART RECOVERY GROUP

**Weekly meetings
begin**

October 1, 2019

2:15-3:15 pm

**All meetings will be
held on Tuesdays at
Cheshire High School**

in the

**Guidance Office
Meditation Room**

**CHESHIRE HUMAN
SERVICES**

(203)271-6690

**[http://www.cheshirect.org/
youth-services/](http://www.cheshirect.org/youth-services/)**