



SMART Recovery[®]

Self-Management and Recovery Training

What: This support group emphasizes self-empowerment and uses a 4 point program to address all types of addictive behaviors, including substance abuse.

1. **Building and Maintaining Motivation**
2. **Coping with Urges**
3. **Managing Thoughts, Feeling and Behaviors**
4. **Living a Balanced Life**

When & Where:

Free!

Wednesdays

409 Illinois Ave, #1A
St. Charles, IL 60174

6 - 7 pm Open group—all are welcome

For more information contact: Danielle Anderson
(630) 513-6886 or ngallivan@renzcenter.org

*Please stop in , we'd
love to see you!*

Thursdays

2 American Way
Elgin, IL 60120

6 - 7 pm Closed group for Renz clients & alumni only

For more information contact: Danielle Anderson
(847) 742-3545 x224 or danderson@renzcenter.org



Renz Addiction Counseling Center

Empowering individuals to lead healthier lives

www.RenzCenter.org

847-742-3545