

“This is a space where you can speak openly and receive support in your personal development.”

- SMART Recovery participant

## Ready to take the first step?

Contact Project Manager Jan Frederiksen to learn more about SMART Recovery on +45 2238 6656 or at [smartrecovery@socialtansvar.dk](mailto:smartrecovery@socialtansvar.dk).



You can also scan the QR code to find a SMART group near you or read more at [smartrecovery.dk](http://smartrecovery.dk).



SMART Recovery is part of Fonden for Socialt Ansvar



Life Beyond Addiction

# SMART Recovery

Self-help groups for people with addiction or other addictive behaviours

## What is SMART Recovery?

SMART Recovery offers anonymous self-help groups for people who wish to overcome addiction and addictive behaviours.

The programme is open to anyone experiencing challenges related to addictive behaviours, whether involving substances, gambling, food, or other addictive patterns.

SMART stands for Self-Management and Recovery Training. The programme is based on evidence-informed methods and provides practical tools to support meaningful and lasting change.

Meetings are led by trained volunteer facilitators and take place in a safe, respectful and supportive setting.

## In SMART Recovery, you will work on:

- Building and maintaining motivation
- Coping with urges
- Managing thoughts, feelings and behaviours
- Creating and sustaining a balanced life

“It is a structured and supportive process. The facilitator helps us work constructively with the issues that matter to us.”

- SMART Recovery participant

Read more at [smartrecovery.dk](http://smartrecovery.dk)

## Practical information

- Groups meet once a week, and each session lasts approximately 90 minutes.
- Participation is free of charge.
- Meetings are facilitated by volunteers who have completed SMART Recovery’s facilitator training.

You will receive the SMART Recovery handbook. The handbook contains the exercises and tools used in the meetings. This enables you to continue working on your recovery between sessions.

