



SMART
Recovery

Fonden for Socialt Ansvar

Life beyond addiction

What is SMART Recovery?

SMART Recovery is a network of anonymous self-help groups aimed at supporting individuals in achieving independence from addictive behaviors – whether related to substances, eating, gambling, or other issues.

The groups are facilitated by volunteers who have completed our facilitator training, which is science-based and draws on motivational, cognitive, and behavior-regulating methods.

Our four point program helps you

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

Practical info

- The self-help groups meet once a week and each session lasts about an hour and a half.
- The groups are all facilitated by volunteers who have completed the SMART Recovery facilitator training.
- Participation in the meetings is free of charge.
- You can purchase the SMART Recovery Handbook, which contains tools, strategies, and templates for the exercises used in the groups. This allows you to work on your recovery at home between group meetings

Want to free yourself from addiction?

Simply scan the QR-code or write to smartrecovery@socialtansvar.dk





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