



# **SMART Recovery**<sup>®</sup>

Self-Management and Recovery Training

No matter what your addictive behavior, SMART Recovery can help. The goal of SMART Recovery is to assist you in achieving a healthy, positive, and balanced lifestyle. Skills and tools taught in SMART can be used as part of your overall & personal recovery process.

**Join a SMART Recovery Group in Pike County today!**

**Tuesday's: 6:30-7:30 pm**

St. Patrick's Church Office 111 E. High St. Milford, PA

**Wednesday's: 12-1 pm**

Milford Community House 201 Broad St. Milford, PA

**Wednesday's: 6:30-7:30pm**

Delaware Township Emergency Center  
116 Wilson Hill Rd. Dingmans Ferry, PA

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[www.smartrecovery.org](http://www.smartrecovery.org)