

Main Office
8790 Manchester Road
St. Louis, MO 63144
(314) 962-3456



Branch Office
1723 Pennsylvania Ave.
St. Louis, MO 63104
(314) 664-7550

SMART RECOVERY

7304 Mentor Avenue, Suite F
Mentor, Ohio 44060
www.smartrecovery.org
Toll free: 866-951-5357
Telephone: 440-951-5357
Fax: 440-951-5358

SMART Recovery is a non-12-step group that helps people recover from all types of addiction and addictive behaviors. SMART Recovery currently sponsors more than 500+ face-to-face meetings around the world, and 16+ online meetings per week. Also, the message board is an excellent forum to learn about SMART Recovery and obtain addiction recovery support.

Our Approach to Addiction Recovery:

- * Teaches self-empowerment & self-reliance
- * Works on alcoholism & addiction as complex maladaptive behaviors with possible physiological factors
- * Teaches tools & techniques for self-directed change
- * Encourages individuals to recover from addiction & live satisfying lives
- * Provides meetings that are educational & include open discussions
- * Advocates the appropriate use of prescribed medications & psychological treatments
- * Evolves as scientific knowledge in addiction recovery evolves
- * Differs from Alcoholics Anonymous, Narcotics Anonymous, & other 12-step programs

SMART Recovery 4-Point Program:

SMART Recovery (Self management and recovery training) helps individuals gain independence from addiction (substances or activities). Our efforts are based on scientific knowledge of addiction recovery and evolve as scientific knowledge on addiction recovery evolves.

- Point 1: Enhancing & Maintaining Motivation
- Point 2: Coping with Urges
- Point 3: Problem Solving
- Point 4: Lifestyle Balance

On-land meetings: V. A. Medical Center, for in-patients, former in-patients, & veterans, Facilitator Ginger Frank, 314-487-0400, Ext. 66017

SMART RECOVERY ONLINE MEETING SCHEDULE

These meetings are 1 hour & 30 minutes long. Check the website to see the meeting outline. Online meetings are held either in our Text Chat Room (text chat), or in Voice Chat, per the schedule below.

You do not need to download any special software or enter a password to use chat.

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NCADA

National Council on Alcoholism & Drug Abuse · St. Louis Area

The place to turn

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Both Text & Voice Chat require Flash, but most computers already have Flash installed.

For a list of online volunteers, check the website.

Eastern		Local (St. Louis Area Time)		Type	Where	Facilitator
Day	Time	Day	Time			
MO	6:00 am	SU	5:00 a	General Mtg	Text Chat	Hourglass52
	6:00 pm	SU	5:00 p	General Mtg	Voice Chat	JvB
	8:30 pm	SU	7:30 p	General Mtg	Text Chat	Kelly
	9:00 pm	SU	8:00 p	Fam.& Friends Mtg	Voice Chat	Rox & 2Putts
TU	8:00 pm	MO	7:00 p	General Mtg	Text Chat	Rox (Momrox)
	8:00 pm	MO	7:00 p	General Mtg	Text Chat Rm 2	Jib
	10:00 pm	MO	9:00 p	Tool Time Mtg	Voice Chat	Charlie
WE	8:00 pm	TU	7:00 p	General Mtg	Text Chat	Bandita
	8:00 pm	TU	7:00 p	Intro Mtg	Text Chat Rm 2	Alberta Sam
TH	6:00 am	WE	5:00 a	General Mtg	Text Chat	Kalar
	7:30 pm	WE	6:30 p	Accomm. Mtg	Voice Chat	Aslanthelion
	10:00 pm	WE	9:00 p	General Mtg	Text Chat	Jason/Talleldo
FR	1:30 pm	TH	12:30 p	General Mtg	Text Chat	Bandita/Talleldo
	8:00 pm	TH	7:00 p	General Mtg	Voice Chat	JvB
SA	8:00 pm	FR	7:00 p	General Mtg	Text Chat	Ohansen
SU	7:00 pm	SA	6:00 p	General Mtg	Text Chat	AnneB
	7:00 pm	SA	6:00 p	General Mtg	Text Chat	RU12

Updated at NCADA 8/11



Resource from NCADA's RADAR library. For more information visit our website at www.ncada-stl.org. For questions on substance use, abuse and related problems, call NCADA's Help Line at (314) 962-3456.