

SMART RECOVERY UK**Description of Service:**

SMART Recovery is a peer led, non-profit, international organisation which provides free self help groups and related services for individuals wishing to learn more about substance or activity addiction. The SMART Recovery programme is evidence based, teaches self-empowerment, and uses cognitive behavioural and motivational enhancement techniques to help participants achieve abstinence.

Type of Service Provided:
Support Meetings**Target Group /Age Group:**
Anyone with an addictive behaviour problem any age group**Access Details:**

Most of our meetings are open to anyone please see website for details

Opening Hours:
Office 9am – 1pm Monday to Friday.

Meetings please see website

Contact Details
Smart Recovery UK

Address/Location:
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