

SMART Recovery for People Affected by the Addictive Behavior of a Loved One

As anyone who has lived with the addiction of a loved one knows, the impact of addiction on other family members can be substantial, even severe. Family members, often overwhelmed by confusion, shame, guilt, fear or other powerful emotions, may have little sense of what to do or where to turn, particularly if they expect that their addicted family member has little or no interest in the 12-step approach.

SMART Recovery Family & Friends is a science-based, secular alternative to Al-Anon and Johnson Intervention. It uses methods based on the tools of SMART Recovery and CRAFT to provide resources and support for those who are affected by the addictions of a loved one.

If you or someone you know is interested in attending Smart Recovery for Family and Friends Contact Brandon Whitehouse at : bwhitehouse@concord.edu or call 304 800-6118

Brandon Whitehouse is inviting you to a scheduled Zoom meeting.

Topic: Smart Recovery for friends and family

Time: This is a recurring meeting every Tuesday 3:30-4:30pm

Join Zoom Meeting

<https://shcmhc.zoom.us/j/98914192568?pwd=cGZKOHVGR091bEh1VGINbzBvNm0dz09>

Look us up on Facebook <https://www.facebook.com/CRNWW>