



Meeting Schedule for La Crosse SMART Recovery

SMART is an abstinence-based program

SMART = Self-Management And Recovery Training

We offer tools, strategies and exercises to help you in recovery.

Learn more from website: smartrecovery.org

SMART is based on science & 4 principles:

- 1) Building and maintaining motivation
- 2) Coping with urges
- 3) Managing thoughts, feelings and behaviors
- 4) Living a balanced life

Wednesdays
5:30 – 7:00 p.m.
Coulee Recovery Center
933 Ferry St.

Saturdays Women's Meeting
10 – 11:30 a.m.
Coulee Recovery Center
933 Ferry St.