



# SMART RECOVERY DURING COVID 19!

**FEEL OVERWHELMED OR ANXIOUS?  
USING ALCOHOL & DRUGS TO COPE?**

*SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.*

**FREE online groups (audio or video) with facilitators right here in Southwest CT:**

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



**<https://meetings.ringcentral.com/j/6651939516>  
Click meeting link on [thehubct.org/calendar](http://thehubct.org/calendar)**



Questions: Contact Amy at [oestreicher@thehubct.org](mailto:oestreicher@thehubct.org)  
Visit [TurningPointCT.org/smart](http://TurningPointCT.org/smart) or [TheHubCT.org/freepeersupport](http://TheHubCT.org/freepeersupport)

