



# SMART Recovery® in Midlothian

SMART Recovery® is a self-help program for ending addictive behaviours through abstinence, based on science and humanistic values.

Come along to find out more about:

## SELF MANAGEMENT AND RECOVERY TRAINING

*Do you want to be happier and more confident?*

**Do you need support with....**

Isolation ;Mental Health; Anxiety; Anger; Drug Misuse; Self Harm; Smoking Cessation; Fear; Eating Disorders. Family Issues; Gambling. Phobias; Alcohol Misuse.

- *Do you want a simple, common sense approach to recovery?*
- *Do you want to learn how to better manage destructive thoughts, feelings and behavior?*
- *Do you want to take control of your recovery?*
- *Do you need support in helping friends and family in their recovery?*
- *Do you want to use scientifically proven tools and techniques to help you in your recovery?*
- *Would you like to help others with their recovery?*
- *Do you want to get on with the rest of your life and not have to remind yourself what you did every day?*

**If you said yes to any of the above, SMART Recovery may be what you're looking for....**

## MEETING ON FRIDAYS AT 1000

**Venue: Dalkeith Baptist Church, North Wynd Dalkeith  
(back of car park behind WHSmith)**

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