

**ECHO**  **DETROIT**

SHAR Academy  
1851 West Grand Blvd  
Detroit MI 48208



### **HOW DOES SMART WORK?**

SMART Recovery uses tools based on scientifically tested methods for addiction recovery, such as Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy, and Motivational Interviewing.

### **WHAT MAKES SMART DIFFERENT?**

SMART Recovery advocates for choice, so that those seeking recovery can choose what works best for them from a toolbox of methods and strategies.

**LIFE BEYOND  
ADDICTION**

[www.smartrecovery.org](http://www.smartrecovery.org)

**NEW MEETING:**

Tuesday from 6 PM-7:30 PM &  
Thursdays from 6 PM-7:30 PM  
Room 201