



SMART RECOVERY TEEN GROUP

FEEL OVERWHELMED, UNHAPPY, UNMOTIVATED, OR LONELY?
STRUGGLE WITH ANGER, DEPRESSION, OR ANXIETY?
USE ALCOHOL, DRUGS, OR UNHEALTHY BEHAVIORS TO COPE?

Free teen group every WEDNESDAY!

FREE FOOD every week!

YOU'LL LEARN TO...

- Build & maintain motivation
- Cope with urges
- Deal with thoughts, feeling & behaviors
- Live a balanced lifestyle

WHAT'S IT LIKE?

- Free food!
- Make new friends
- Learn skills to take control of your life and be happier!
- Run by local young people



NEW TIME & DAY FOR FALL 2019!

WEDNESDAY, 4 30-6 PM,

HSC COMMUNITY SERVICES CENTER, 1 PARK ST. NORWALK, CT
Text Eliza at 203-901-9472, or email emcnamara@thehubct.org
or Diamond at 203-952-8147

Run by local young adults from TurningPointCT.org

Find other groups at TurningPointCT.org/smart

FUNDED BY THE CT RECOVERY ORIENTED SUPPORT SYSTEM FOR YOUTH

