



# UK SMART RECOVERY FAMILY & FRIENDS

The SMART Family and Friends Programme is designed to help Concerned Others achieve a healthy, positive, and balanced lifestyle while supporting your loved one in a meaningful and truly helpful way with their alcohol and/or substance use.

## Our Approach:

- Teaches self-empowerment and self-reliance.
- Teaches you tools and techniques for self-directed change.

*SMART Recovery Groups are held on the following days:*

**THURSDAY weekly**  
meetings: 2pm-4pm  
currently running at  
Penmaen House,  
Blackwood

**WEDNESDAY**  
**fortnightly group**  
meetings: 1pm-3pm  
at 114 Lower Dock  
St, Newport

**WEDNESDAY**  
**fortnightly evening:**  
Zoom meetings:  
5:30pm-7pm

If you are interested in taking part in the SMART Meetings, and accessing structured mutual support or would like more information, please don't hesitate to contact us, you can contact:

**Mike on: 07896 153182**  
Wednesdays and Thursdays

**0333 320 2751**  
(Monday - Friday 9:00-5:00pm)