It's time to get SMART about Recovery

SMART Recovery®

Smart Recovery is a four point program aimed for you to achieve a healthy, positive and balanced lifestyle. It strives to empower you to use tools to:

1. Build and maintain motivation
2. Coping with urges
3. Manage thoughts, feelings and behaviors
4. Live a balanced life.

Youth	LGBTQ+	Adult
(up to age 18)	*(ages 17+)*	*(ages 18+)*
Starting in November	*Starting in December*	*Starting in January*
Thursdays 4:30p-6:00p	**Thursdays 6:30p-8:00p**	**Saturdays 10:00a-11:30a**

650 E. Algonquin Rd., Ste 104
Schaumburg, IL 60173

For recovery support services, please visit:

For more information about this program email:
smartrecovery@kennethyoung.org

Kenneth Young Center

These services are funded in full or in part through a State Opioid Response (SOR) grant (T1081699) to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery (IDHS/SUPR) from the US Department of Health and Human Services, Substance Abuse and Mental Health Services (NHS/SAMHSA) and the Office of Adolescent Health (OAH).

It's time to get SMART about Recovery

SMART Recovery®

Smart Recovery is a four point program aimed for you to achieve a healthy, positive and balanced lifestyle. It strives to empower you to use tools to:

1. Build and maintain motivation
2. Coping with urges
3. Manage thoughts, feelings and behaviors
4. Live a balanced life.

Youth	LGBTQ+	Adult
(up to age 18)	*(ages 17+)*	*(ages 18+)*
Starting in November	*Starting in December*	*Starting in January*
Thursdays 4:30p-6:00p	**Thursdays 6:30p-8:00p**	**Saturdays 10:00a-11:30a**

650 E. Algonquin Rd., Ste 104
Schaumburg, IL 60173

For recovery support services, please visit:

For more information about this program email:
smartrecovery@kennethyoung.org

Kenneth Young Center

These services are funded in full or in part through a State Opioid Response (SOR) grant (T1081699) to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery (IDHS/SUPR) from the US Department of Health and Human Services, Substance Abuse and Mental Health Services (NHS/SAMHSA) and the Office of Adolescent Health (OAH).