

Why can't I
stop doing
this??

SMART RECOVERY NATIONAL COLLEGE AGE MEETING

1

FOR ANY TYPE OF RECOVERY OR CHANGE

For cutting down or quitting any type of harmful habit: alcohol/drugs, eating issues, cutting, etc

2

STUDENTS SUPPORTING STUDENTS

Only for people ages 18-25 and with some college experience

3

TOOLS PROVEN TO HELP YOU

SMART Recovery provides tools that are proven to help people make changes

4

YOU CAN JUST LISTEN

You can use any screen name and can keep your camera off

Thursdays 6pm EST

ZOOM MEETING ID: 97962276746

For more info email pamela.mulready@trincoll.edu or visit SMART's website :

www.smartrecovery.org