Why can't I stop doing this??

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**