Lakewood SMART Recovery meetings
Posted by Iampowerless - 15 Jul 2020 23:34

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Hey everyone hope everyone is doing awesome,

B'h we started last week live SMART Recovery meetings in Lakewood every sunday from 8:30-9:30 PM

Please send an email to smartlakewood@guardyoureyes.com to join and get the meeting location.

Last week we discussed the following topics "where do i start" "Understanding addictive behaviors" as well as "the problem of immediate gratification (The PIG's method).

This coming sunday we will discuss "Understanding recovery" "abstinance vs moderation" as well as the "stages of change" We are also happy to announce that we now have our very own website filled with great articles and tools to help you while participating in SMART Recovery meetings check it out at smartrecoverylakewood.org/

If you have any questions feel free to send me an email to smartlakewood@guardyoureyes.org

Looking forward to greeting you in person!

Your friend Yankel

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Re: Lakewood SMART Recovery meetings
Posted by Iampowerless - 23 Jul 2020 21:27

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Hey everyone it's been another awesome week of our live SMART Recovery meetings in Lakewood they take place every sunday from 8:30-9:30 PM

Last week we discussed the "Stages of change"

This coming sunday we will work on the First step "Building and maintaining motivation to stop"

B'h we currently have 12 members attending the meetings, if you would like to join us please reach out and send us an email smartlakewood@guardyoureyes.com

We are once again happy to announce that we have our very own website filled with great articles and tools to help you while participating in SMART Recovery meetings check it out at smartrecoverylakewood.org/

If you have any questions feel free to send me an email to smartlakewood@guardyoureyes.org

Looking forward to greeting you in person!

Your friend Yankel

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Re: Lakewood SMART Recovery meetings
Posted by Iampowerless - 02 Aug 2020 15:10

Hey everyone it's been another awesome week of our live SMART Recovery meetings in Lakewood they take place every sunday from 8:30-9:30 PM

Last week we worked on the First step "Building and maintaining motivation to stop" We did an

hierarchy of values and discussed a few other helpful tools to work on motivation.

This week we will work on Step 2 Dealing with urges.

B'h we currently have around 8-12 members attending the meetings, if you would like to join us please reach out and send us an email smartlakewood@guardyoureyes.com

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If you have any questions feel free to send me an email to smartlakewood@guardyoureyes.org

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