

It's time to get SMART about 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.

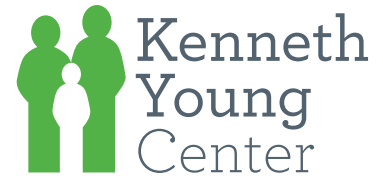
Youth	LGBTQ+	Adult
<i>(up to age 18)</i>	<i>(ages 17+)</i>	<i>(ages 18+)</i>
Thursdays 4:30p-6:00p 847.496.5939	Thursdays 6:30p-8:00p 847.496.5939	Saturdays 10:00a-11:30a 224.229.7456

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



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).

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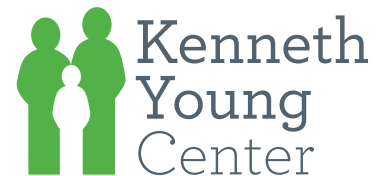
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