



## Free SMART Recovery meetings are now online

*Every Wednesday and Friday, 5:00 – 6:30 pm*

Wednesday: <https://smartrecovery.zoom.us/j/94530118673>

Friday: <https://smartrecovery.zoom.us/j/94853480461>

- **SMART Recovery** groups welcome anyone struggling with addictive behaviors (alcohol, opioids, amphetamines, tobacco, gambling, compulsive sex, pornography, binge eating)
- **SMART Recovery** ([www.smartrecovery.org](http://www.smartrecovery.org)) is based in principles and practices of Cognitive Behavioral Therapy
- **SMART Recovery** focuses on:
  1. Building and maintaining motivation to change
  2. Coping with urges and cravings to engage in addictive behaviors
  3. Managing thoughts, feelings, and behaviors
  4. Living a balanced life

## Free addiction help is just a call away

*Seven days/week, 4:00 – 8:00 pm*

**785-550-0764**

- **SMARTline** is a *free service* for people with addictions, accessible by phone
- **SMARTline** is available seven days a week, from 4:00 to 8:00 pm
- **SMARTline** calls are individualized and vary in length based on your needs
- **SMARTline** is service based on the principles and practices of SMART Recovery

Please distribute this information widely. And of course, feel free to contact us with questions.

Bruce S. Liese, PhD  
[bliese@kumc.edu](mailto:bliese@kumc.edu)

Corey M. Monley, BGS  
[coreymonley@ku.edu](mailto:coreymonley@ku.edu)