

the **UP** center
SINCE 1883



SMART
Recovery

Life beyond addiction



Get support for addiction and recovery with learning how to:

- Build and maintain motivation
- Manage emotions and actions
- Cope with urges
- Live a balanced life

Weekly Group Meetings

Mondays | 6:00 pm - 7:30 pm

FREE | Open to the public

No pre-registration required

Contact for more info: 757-965-8661
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