



## **STUDENT & COMMUNITY MEMBER MEETINGS**

**@ TCNJ CLINIC, FORCINA HALL 124**

### **\*Self-Management and Recovery Training**

Have you been concerned with how much you've been drinking, relying on drugs, or feeling like some of your behaviors have become compulsive, obsessive, or destructive? Perhaps a friend or loved one is worried about you? SMART Recovery is an addictions recovery program and community designed to empower members.

#### **Learn how to...**

- Build & maintain motivation
- Cope with urges
- Manage thoughts, feelings, & behaviors
- Live a balanced life



**TCNJ** THE COLLEGE OF  
NEW JERSEY

**Meetings on  
Thursdays  
7 – 8 pm**

**Meetings  
facilitated by  
trained graduate-  
level clinician  
interns**

**Learn skills and  
strategies to  
manage addiction  
based on evidence  
based research**

**No fees or signups  
for confidential  
membership**

#### **TCNJ CLINIC**

Forcina Hall, Room 124  
The College of New Jersey  
2000 Pennington Road  
Ewing, NJ 08628  
Phone: 609.771.2700

#### **SMART RECOVERY**

smartrecovery.org