

### Contact UK SMART Recovery

#### Mailing Address

Arthur House, Third Floor, Chorlton  
Street, Manchester, M1 3FH

#### Telephone

0330 053 6022

#### Email

info@smartrecovery.org.uk

#### Follow us on Social Media



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Welcome to SMART Recovery Family & Friends, a science-based Programme which combines elements of SMART Recovery and Community Reinforcement Family Training (CRAFT).

#### Your nearest meeting is held at:

Caldy Valley Neighbourhood Church  
Caldy Valley Road  
Great Boughton  
Chester  
Cheshire  
CH3 5PR  
Friday's 1:30pm till 3:00pm



**Additional meetings (including online meetings) are listed on our website**  
**[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)**



## Family & Friends Programme



**Discover the Power of Choice!**  
**[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)**  
**0330 053 6022**

## What is the SMART Recovery Family & Friends Programme?

The SMART Family & Friends Programme is designed to help you achieve a healthy, positive and balanced lifestyle while supporting your Loved One in a meaningful and truly helpful way. Our approach : -

- Teaches self-empowerment and self-reliance
- Teaches tools and techniques for self-directed change

Topics include: -

### Change and Motivation

To support a Loved One toward a positive lifestyle change, restore some balance to your own life, or both, this topic will help you to understand how we change and why we change.

### Self-Care & Self-Rewards

This topic provides tools for assessing your current levels of emotional distress and helps you restore balance to your life in order to calmly and effectively manage the challenges you face.

### Positive Communication

Learning to communicate in a positive way and listen to your loved one effectively are skills that can lead to an improved relationship and the possibility of collaboration vs confrontation.

### Healthy Boundaries

Addictive behaviours are often in direct conflict with healthy boundaries. Restoring these is key to re-establishing mutual respect in your interactions with your loved one.

### Safety & Support

It is common for substance abuse and violence to go hand-in-hand. Violence includes verbal, psychological and physical abuse. Isolation can lead to increased stress, depression, anxiety and loss of perspective on what is normal or acceptable.

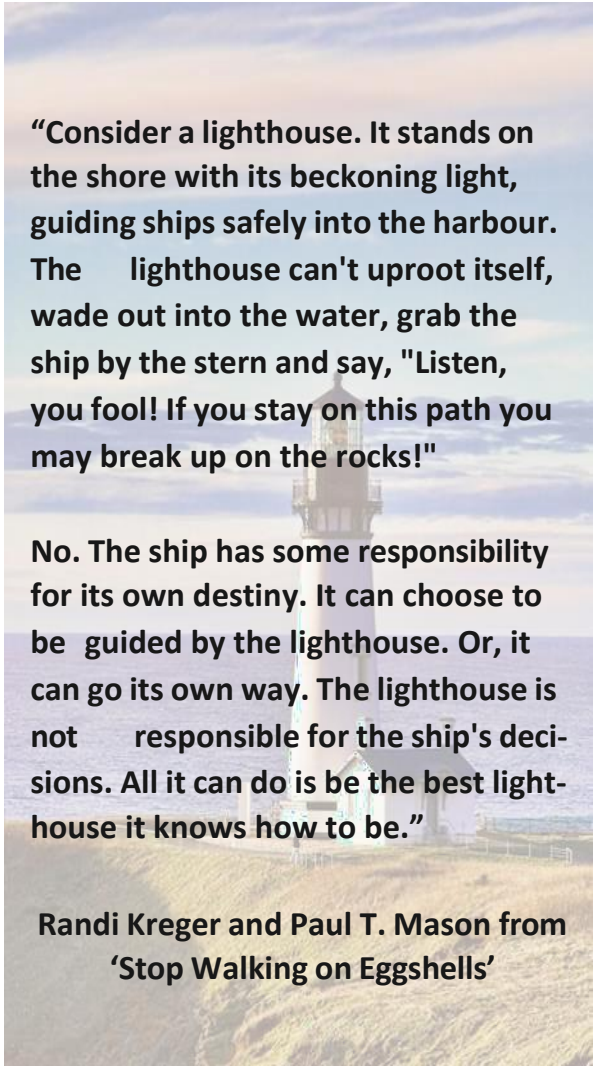
### Disable the enabling

It can be helpful to gain awareness and insight about how certain strategies which you intended as helpful are actually counter-productive and begin to change these to more helpful ones.

### Trust & Forgiveness

This topic explores ways that Family & Friends can deal with broken trust, rebuilding trust, and letting go of past hurts.

**With practice, patience and persistence, you can help you achieve a positive and balanced lifestyle which will enable you to more easily be a positive influence, encouraging your Loved One toward recovery**



**“Consider a lighthouse. It stands on the shore with its beckoning light, guiding ships safely into the harbour. The lighthouse can't uproot itself, wade out into the water, grab the ship by the stern and say, "Listen, you fool! If you stay on this path you may break up on the rocks!"**

**No. The ship has some responsibility for its own destiny. It can choose to be guided by the lighthouse. Or, it can go its own way. The lighthouse is not responsible for the ship's decisions. All it can do is be the best lighthouse it knows how to be.”**

**Randi Kreger and Paul T. Mason from  
‘Stop Walking on Eggshells’**