



**STRUGGLING TO
SUPPORT A
LOVED ONE?
FEELING
HOPELESS?**

Do you have a loved one struggling with alcohol, drugs or compulsive behaviors such as self harm, gambling, or sex addiction?
Attend a Family & Friends support meeting to develop skills to help you cope & help your loved one choose recovery.

Smart Recovery Family and Friends Support Group
Thursdays 6:30-8:00 p.m.
Starting September 20th, 2018
Bigelow Senior Activities Center
100 Mona Terrace Fairfield, CT
Email info@healthymindsct.org