



ASCERT FACILITATE FREE WEEKLY SMART RECOVERY MEETINGS

ALL OVER 18'S ARE WELCOME TO COME ALONG



EVERY THURSDAY



2PM - 4PM



Atlas Centre, 7 Bachelors Walk, Lisburn, BT28 1XJ



FIND OUT MORE

www.ascert.biz

www.smartrecovery.org.uk

Facilitated by



What is SMART Recovery?

SMART Recovery is an evidence informed recovery method grounded in Rational Emotive Behavioural Therapy (REBT) and Cognitive Behavioural Therapy (CBT), that supports people with substance dependencies or problem behaviours to:

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviours
- Live a balanced life

Our weekly group meetings create a safe and non-judgemental space open to all adults, following a number of guiding principles to ensure everyone gets the best out of the time available:

- Respect
- Inclusivity
- Confidentiality
- Non judgemental

