



SHARE new mexico™

SMART Recovery Support Groups

SMART Recovery's 4-Point Program® support group meetings help people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities:

Point 1: Building and Maintaining Motivation

Point 2: Coping with Urges

Point 3: Managing Thoughts, Feelings and Behaviors

Point 4: Living a Balanced Life

Visit website for meeting information, including phone number. Secular support group meetings in various locations throughout New Mexico. Click on web link for searchable listings (date/time, locations and contact person).

Details

Services

Support Groups Substance Abuse Services

Locations

Phone: (000) 000-0000

Parent Organization

SMART Recovery

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life. SMART Recovery (Self-Management And Recovery Training) is not a 12-step group.

*Various meetings in New Mexico
Albuquerque, NM 87102*

Phone:

(000) 000-0000

Type: *Nonprofit*

<http://www.smartrecovery.org/local>