



**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).

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### **Details**

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### **Services**

Support Groups   Substance Abuse Services

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### **Locations**

**Phone:** (000) 000-0000

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### **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>