SMART
(Self Management and Recovery Training)

Learn tools and strategies to help you on your recovery journey!

Weekly drop-in meetings on Tuesdays beginning September 22, 2020, 4:00-5:00 PM.

- Build and maintain motivation
- Learn to cope with urges
- Manage thoughts, feelings and behaviors
- Learn how to live a balanced life

For information or to receive the WebEx meeting link, please contact Student Counseling Services 860-439-4587 scs@conncoll.edu