

**CONNECTICUT COLLEGE  
STUDENT COUNSELING SERVICES**

# **SMART Recovery: Stop Using and Start Living!**

Feeling overwhelmed by addiction?  
Are family and friends concerned?  
Can't concentrate on school?  
Feeling hopeless and out of control?

**SMART Recovery can help!  
Learn tools and techniques for self-  
directed change**

Drop-in group Tuesdays 4pm to 5pm  
Link - [meet.google.com/vbz-kgxu-nkz](https://meet.google.com/vbz-kgxu-nkz)