



SMART Recovery is a not-for-profit Organization for all types of addictions.

Based on a 4 point system

**Building and maintaining motivation**

**Coping with urges**

**Managing thoughts, feelings and behaviors**

**Living a balanced life**

Meetings Place

ON OUR OWN of ST MARY'S

WELLNESS

&

RECOVERY CENTER

41665 FENWICK STREET SUITE 13

LEONARDTOWN, MD

301-997-1066

QUESTIONS: CALL LINDA

(Next to Fenwick Street Used Books)

MEETING DAYS and TIMES

TUESDAY'S 6-7:30pm

WEDNESDAY'S 2-3pm