Self Management and Recovery Training (SMART) Meeting
SMART is an international organization with a mission to offer free, self-empowering groups for anyone trying to change a harmful habit. It's built upon scientific approaches that are used to help people manage behavioral issues and achieve successful change. People attend SMART meetings for help with alcohol, drugs, smoking/vaping, gambling, eating, spending, gaming, over-exercising, preoccupation with relationships or sex, excessive use of the internet/social media, etc. You are welcome to attend and observe if you do not wish to speak during the meeting. You do not need to have stopped your harmful habit to attend this meeting.
Website: https://www.smartrecovery.org/

SMART Meeting: Every Wednesday at 6 p.m. (off campus location). Trinity will pay for you to take an uber there and back to campus if you do not have transportation. Location: 110 National Drive in Glastonbury, CT 2nd floor. Contact pamela.mulready@hhchealth.org for information about transportation or the program itself. Pam works in the Health Center and will also meet with you confidentially if you'd like to find out more about this program, please email to set an appointment! Daniel Levy also will be happy to speak with you confidentially about this group, he can be reached at daniel.levy@trincoll.edu This meeting is sponsored by Trinity College however is open to anyone in the community.

SMART Recovery "Family and Friends" Meeting
Are you a friend or family member of someone with a substance or activity addiction (gambling, spending, eating, over-exercising, excessive media use, etc.)? Help yourself and help your loved one. SMART Recovery Family & Friends is a science-based program that teaches you skills to help support your wellbeing while also supporting a struggling loved one. Website: https://www.smartrecovery.org/

SMART Family and Friends Meeting: Every Wednesday at 7:30 p.m. (off campus location). Trinity will pay for you to take an uber there and back to campus if you do not have transportation. Location: 110 National Drive in Glastonbury, CT 2nd floor. Contact pamela.mulready@hhchealth.org for information about transportation or the program itself. Pam works in the Health Center and will also meet with you confidentially if you'd like to find out more about this program, please email to set an appointment! Daniel Levy also will be happy to speak with you confidentially about this group, he can be reached at daniel.levy@trincoll.edu This meeting is sponsored by Trinity College however is open to anyone in the community.