

SMART Recovery® San Diego County Meetings

SMART stands for Self-Management and Recovery Training

MONDAY

Grantville: Stein Education Center
7:00 – 8:00 pm
6145 Decena Drive, San Diego, 92120
(Near Mission Gorge Road & I-8)

TUESDAY

La Mesa: Grossmont Hospital 2:00 – 3:30 pm	9001 Wakarusa Street, La Mesa, 91942 (N-E corner of I-8 and 125)	Herrick Healthcare Library (619) 665-2125
Solana Beach: UU Founders Hall 7:00 – 8:30 pm	1036 Solana Drive, Solana Beach 92075 (Near I-5 and Lomas Santa Fe Dr.)	www.uufsd.org/directions.html (858) 755-9225
La Jolla: Pyrysys Psychology Group 7:00 – 8:00 pm <i>Especially suitable for young adults</i>	8950 Villa La Jolla Drive, La Jolla, 92037 (Just off I-5 and La Jolla Village Dr.)	Suite B214 (858) 546-1100

WEDNESDAY

La Mesa: Alvarado Parkway Institute 4:00 – 5:00 pm	7050 Parkway Dr., La Mesa, 91942 (Near I-8 and Lake Murray)	Group Room 3 (619) 465-4411
La Jolla: Pyrysys Psychology Group 7:00 – 8:30 pm	8950 Villa La Jolla Drive, La Jolla, 92037 (Just off I-5 and La Jolla Village Dr.)	Suite B214 (858) 546-1100

THURSDAY

Hillcrest: UCSD Medical Center 12:00 – 1:00 pm	140 Arbor Dr., San Diego, 92103 (elevator to 2nd floor, straight to reception desk)	Room 215
La Jolla: Pyrysys Psychology Group 7:00 – 8:30 pm	8950 Villa La Jolla Drive, La Jolla, 92037 (Just off I-5 and La Jolla Village Dr.)	Suite B214 (858) 546-1100
Vista: North Coast Church <i>Women Only Group</i> 7:00 – 9:00 pm	1132 N. Melrose Dr, 92083 (N. of I-78 and Melrose Dr.)	Room “Frog5” (760) 724-6700, ext 256

FRIDAY

La Mesa: Alvarado Parkway Institute 4:00 – 5:00 pm	7050 Parkway Dr., La Mesa, 91942 (Near I-8 and Lake Murray)	Group Room 3 (619) 465-4411
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SATURDAY

Central San Diego: Stepping Stone 2:15 – 3:45 pm	3767 Central Avenue, San Diego, 92105 (near I-15 and University Avenue)	Group Room (619) 584-4010
La Jolla: Akasha Yoga Free yoga social activity 2:00-3:00	3211 Holiday Court, La Jolla, 92037 (Just off I-5 and La Jolla Village Dr)	Suite #203

DAILY

SMART® Recovery Online	www.smartrecovery.org	Click on Meetings Online
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| <ul style="list-style-type: none"> • For all substance and activity addictions • Science based • Discussion meetings led by trained volunteers • Change maladaptive habits • Learn to be self-reliant • Focus on motivation, urge control, problem solving skills, and maintaining lifestyle balance | <ul style="list-style-type: none"> • Anyone is invited to participate • Time for questions after meeting • No labeling (e.g., “alcoholic,” “addict”) • Months to years of attendance, probably not a lifetime • Meetings may not run on holidays • Non-profit organization, donations requested <p>MOST ARE WHEELCHAIR ACCESSIBLE</p> |
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Need directions or the most current schedule? Go to www.SmartRecoverySanDiego.org

Questions? E-mail us at SmartRecoverySanDiego@gmail.com or call 858-414-1079

Want more information about SMART Recovery®? Go to www.SMARTRecovery.org