

# SMART RECOVERY TEEN GROUP

FEEL OVERWHELMED, UNHAPPY, UNMOTIVATED, OR LONELY?  
STRUGGLE WITH ANGER, DEPRESSION, OR ANXIETY?  
USE ALCOHOL, DRUGS, OR UNHEALTHY BEHAVIORS TO COPE?

**New free teen group starting October 18th!**  
Free pizza dinner every week!

## YOU'LL LEARN TO...

- Build & maintain motivation
- Cope with urges
- Deal with thoughts, feeling & behaviors
- Live a balanced lifestyle

## WHAT'S IT LIKE?

- Free pizza dinner every week
- Make new friends
- Learn skills to take control of your life and be happier!
- Run by local young people



**THURSDAYS, 530-7 PM, STARTING OCTOBER 18TH**  
**NORWALK PUBLIC LIBRARY, 1 BELDEN AVE**

**Text Eliza at 203-901-9472, or email [emcnamara@healthymindsct.org](mailto:emcnamara@healthymindsct.org)**

Run by local young adults from [TurningPointCT.org](http://TurningPointCT.org)

Find other groups at [TurningPointCT.org/smart](http://TurningPointCT.org/smart)

FUNDED BY THE CT RECOVERY ORIENTED SUPPORT SYSTEM FOR YOUTH

