



I WANT
MY LIFE
BACK!

- » *No longer “having fun”?*
- » *Are friends and family concerned?*
- » *Can't concentrate on school?*
- » *Feeling hopeless or out of control?*

We can help. We are SMART Recovery.[®]

Come talk to others like yourself from the privacy of your own room.
We have an internet discussion group, and we can help you sort through it all.
Learn ways to gain control of your life.

www.SMARTrecoveryforum.org
24/7 Message Board
Chat Meetings 8pm ET / 5pm PT Sundays
Register in advance. It's easy and anonymous.

For more information about our program go to:
www.smartrecovery.org/teens

 **SMART Recovery[®]**