



www.smartrecovery.org

ABOUT SMART RECOVERY

SMART Recovery is a global community of people and families working together to resolve addictive problems. In our free group discussion meetings, participants learn from one another using a self-empowering approach based on the most current science of recovery.

Most meetings in the Ottawa area have been converted to online (see website for full list) with the exception of these public face to face ones:

55 Eccles St. (Sumerset West NESI room)
Wednesdays 4:30-5:30
613-238-8210 Courtney D

242 Cantin St. (Maison Fraternite)
Tuesdays 6:30-8:00
613-741-2523 Yvann. R