



SMART Recovery® helps people gain independence from addiction. The 4-Point program offers specific tools and techniques for each of the program points:

- Point 1:** Building and Maintaining Motivation
- Point 2:** Coping with Urges
- Point 3:** Managing Thoughts, Feelings, and Behaviors
- Point 4:** Living a Balanced Life

## CURRENT SCHEDULE

AGENCY	Group (16-18)	Group (18-24)	Family & Friends	ADDRESS	CONTACT
InterCommunity	Wednesday 3:30-5:00 PM	NA	Thursday 6:30 or 7:00 PM	281 Main St, East Hartford, CT 06118	<a href="mailto:thunt@intercommunityct.org">thunt@intercommunityct.org</a>
Department of Corrections	NA	Monday 6:30-7:30 PM	Based on Family Visitation	42 Jarvis St, Cheshire, CT 06410	<a href="mailto:anne.trimachi@ct.gov">anne.trimachi@ct.gov</a>
United Services	Wednesday 5:15-6:30 PM	Thursday 6:45-8:00 PM	Thursday 6:45-8:00 PM	132 Mansfield Ave # 200, Willimantic, CT 06226	<a href="mailto:lbergstrom@usmhs.org">lbergstrom@usmhs.org</a>
The Child and Family Guidance Center	Thursday 6:00-7:30 PM	NA	Tuesday 6:00-7:30 PM	180 Fairfield Ave # 2, Bridgeport, CT 06604	<a href="mailto:dfletcher@cfguidance.org">dfletcher@cfguidance.org</a>
Manchester Public Schools	Monday 2:30-4:00 PM	NA	Thursday 6:00-7:30 PM	63 Linden St, Manchester, CT 06040	<a href="mailto:Pphillips@mpspride.org">Pphillips@mpspride.org</a>
The Bridge Family Center	Tuesday 2:30-4:00 PM	NA	Tuesday 6:00-7:30 PM	110 National Drive Glastonbury, CT 06033	<a href="mailto:Pat@BRIDGEFAMILYCENTER.ORG">Pat@BRIDGEFAMILYCENTER.ORG</a>
Cheshire Human Services	Thursday 4:30-6:00 PM	NA	Thursday 5:30-7:00 PM	84 S Main St, Cheshire, CT 06410	<a href="mailto:cnvrac1@famintervention.com">cnvrac1@famintervention.com</a>

For more information, please contact Hector Maldonado, Prevention Specialist  
 Wheeler Clinic/Connecticut Clearinghouse  
 860.793.4651  
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AGENCY	Group (16-18)	Group (18-24)	Family & Friends	ADDRESS	CONTACT
Southwest Regional Mental Health Board	Friday 3:30-5:00 PM	NA	Wednesday 6:30 or 7:00 PM	148 Beach Road, Fairfield CT 06824 (First Congregational Church)	<a href="mailto:akernan@healthymindsct.org">akernan@healthymindsct.org</a>
The Children's Center of Hamden	Monday 6:30-7:30 PM	NA	Monday 6:30-7:30 PM	1400 Whitney Ave Hamden, CT 06517 (Wakeman hall)	<a href="mailto:CHauser@tccoh.org">CHauser@tccoh.org</a>
Bridges Health Care	Wednesday 5:15-6:30 PM	NA	Monday 6:45-8:00 PM	570 Boston Post Road Milford, CT 06460	<a href="mailto:dGannon@bridgesmilford.org">dGannon@bridgesmilford.org</a>
Trinity College Health Center	NA	Wednesday 6:00-7:30 PM	Thursday 6:00-7:30 PM	240 New Britain Ave Hartford, CT 06106	<a href="mailto:pamela.mulready@trincoll.edu">pamela.mulready@trincoll.edu</a>
AHM Youth and Family Services	Saturday 11:00-12:00PM	NA	Tuesday 6:30-8:00 PM	25 Pendleton Drive Hebron, CT 06248	<a href="mailto:michelleh@ahmyouth.org">michelleh@ahmyouth.org</a>
Rushford Center	Friday 2:30-4:00 PM	Friday 4:30-6:00 PM	Tuesday 6:00-7:00 PM	110 National Drive Glastonbury, CT 06033	<a href="mailto:Krystle.Blake@hhchealth.org">Krystle.Blake@hhchealth.org</a>
McCall Center for Behavioral Health	Thursday 4:30-6:00 PM	Tuesday 5:00-6:30 PM	Monday 5:30-7:00 PM	58 High Street Torrington, CT 06790	<a href="mailto:sara.osborne@mccallcenterct.org">sara.osborne@mccallcenterct.org</a>
Western Connecticut State University	NA	Wednesday 4:00-5:30 PM	Thursday 4:00-5:30 PM	181 White St Danbury, CT 06810	<a href="mailto:gucks@wcsu.edu">gucks@wcsu.edu</a>
Rushford Center	Thursday 2:30-4:00 PM	Thursday 4:30-6:00 PM	Thursday 4:30-6:00 PM*	883 Paddock Avenue Meriden CT 06450	<a href="mailto:Krystle.Blake@hhchealth.org">Krystle.Blake@hhchealth.org</a>

For more information, please contact Hector Maldonado, Prevention Specialist  
Wheeler Clinic/Connecticut Clearinghouse  
860.793.4651

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\* Separate Group