

# OPEN DOOR

## SMART Recovery Group

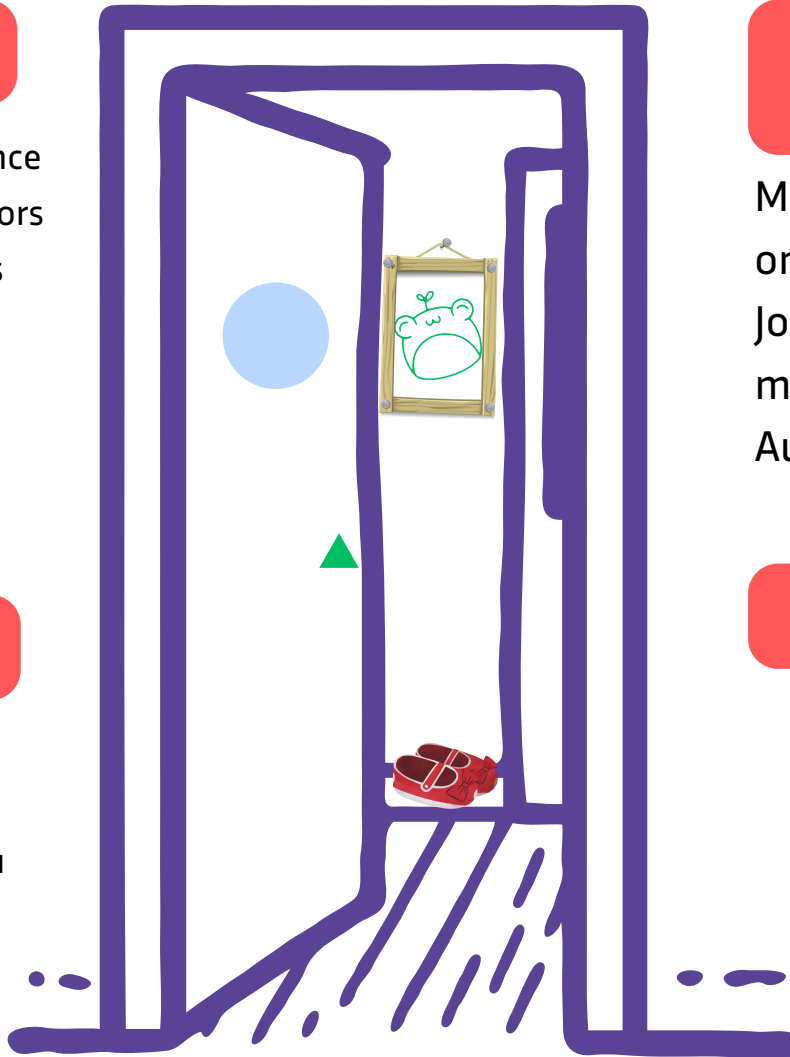
A trauma-informed recovery group focused on healing through connection and empowerment

### WHY JOIN?

- Recover from substance use and other behaviors
- Learn wellness habits
- Try new coping skills
- Build a recovery support system

### CONTACT

For more information, email Angela Towne at [atowne98@siumed.edu](mailto:atowne98@siumed.edu)



### MEETING DETAILS

Meetings held virtually on Thursdays 2-3pm CT. Join us for our first meeting on Thursday August 14, 2025.

### SIGN UP

Scan the QR code to register



This SMART Recovery group is a collaboration between SIU Medicine, Arrowleaf, SIRAC, RCHW, and SICABE to provide a trauma-informed and LGBTQ+ inclusive recovery space. Facilitated by trained professionals, the group uses self-empowering, evidence-informed approaches to support healing and connection.



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