



SMART Recovery

Thursday Aug 20
3 to 4:30 pm
on Zoom

To register go to

<https://spotlightonmentalhealth.com/events/>

VCH hosts SMART Recovery meetings in community settings. SMART is a worldwide recovery program offering daily meetings in Vancouver, Richmond and the North Shore with trained facilitators from the community.

Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral

Therapy, we use an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones.

Kevin O'Neill will be sharing his knowledge and experience as a SMART facilitator in Vancouver. Kevin has been an elementary school teacher since 1992. He also volunteers with the Kingrest International ELL program.



A Consumer Involvement and Initiatives forum for all BC peer workers: including peer support workers (students encouraged), peer facilitators, peer navigators and CIF project leads.



Vancouver
CoastalHealth