



SMART Recovery® offers free, self-empowering, abstinence-oriented self-help support groups that use a secular, science-based approach for people seeking independence from addictive behaviors of all kinds, including use of alcohol or other substances and addiction to overeating, gambling, or other activities.

For more information, visit:

www.smartrecoveryto.com OR

www.smartrecovery.org.

Weekly Meetings in Thousand Oaks Area

(as of August 2024)

MONDAY	7:00-8:30 p.m.	Inspire Malibu - 30101 Agoura Ct., STE. 103 Agoura Hills, CA 91301 *OPEN to adults with addictive behavior & loved ones
TUESDAY	7:00-8:30 p.m.	Inspire Malibu - 30101 Agoura Ct., STE. 103 Agoura Hills, CA 91301 *OPEN to adults with addictive behavior & loved ones
WEDNESDAY	7:00-8:30 p.m.	<u>FAMILY & FRIENDS & SOBER PERSPECTIVES</u> Inspire Malibu - 30101 Agoura Ct., STE. 103 Agoura Hills, CA 91301 *OPEN to adults with addictive behavior & loved ones
WEDNESDAY	7:00-8:30 p.m.	<u>ONLINE - Zoom Meeting</u> To request an invitation and Zoom link, please email us at smartinfo.to@gmail.com . *OPEN to adults with addictive behavior & loved ones
THURSDAY	7:00-8:30 p.m.	Inspire Malibu - 30101 Agoura Ct., STE. 103 Agoura Hills, CA 91301 *OPEN to adults with addictive behavior & loved ones
FRIDAY	7:00-8:30 p.m.	<u>WOMEN'S MEETING</u> Inspire Malibu - 30101 Agoura Ct., STE. 103 Agoura Hills, CA 91301 *OPEN to women with addictive behavior & female loved ones
SATURDAY	12:00-1:30 p.m.	Kaiser Simi Valley - 3855 Alamo St, Simi Valley, CA 93063 *OPEN to adults with addictive behavior & loved ones

The 4-Point Program

