

Are self-defeating habits in your way?

alcohol
or drugs

vaping

binge
gaming

wasteful
spending

disordered
eating

social
media

porn

avoidance

over-
commitment

toxic

relationship
patterns

over-
exercise

etcetera...



- Learn practical skills based on research
- Get help applying tools
- Make and sustain positive change
- Participate or observe
- Share only what you want



starting 1/31/23

Self Management and Recovery Training (SMART)!
Tuesdays, 5-6 pm, HUB room 119

Facilitators: Barbara Gramuglia, LCMHC, MLADC
Leah Palmiter, MEd, Clinical Mental Health Counseling Intern Trainee