

S.M.A.R.T HUB TEEN CENTER



Elmwood Community Center
Days: Wednesdays
1:30-2:15 pm

Learn skills on:

- Building and maintaining motivation
- Coping with Urges
- Dealing with thoughts, feelings and behaviors
- Living a balanced life

S
M
A
R
T

Self

Management

And

Recovery

Training



Contact askareb@bridgefamilycenter.org 959-710-9748

or

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