

ELEVATE HALL S.M.A.R.T GROUP

Hall High School
Days: Thursdays, 2:30 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 or
jvass@bridgefamilycenter.org
or stop by the College & Career Center

