

## **SMART Recovery Meeting Leader Training**

**Saturday, 2/2/19**

**9:00am to 4:00pm**

Kearny Mesa Community Center

8322 Clairemont Mesa Blvd, Suite 114, San Diego, CA, 92111

Training will include a focus on motivational interviewing, and the "functional analysis" of CRAFT (which identifies why someone behaves a certain way, and suggests way to change that behavior by increasing a helpful behavior or decreasing an unhelpful behavior).

Functional analysis is useful in both CRAFT and regular SMART meetings.

We will break for lunch from 11:45 to 1:30.

If you wish to attend the SMART meeting at noon, please bring your own lunch.