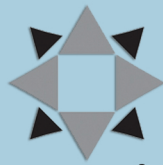


MONDAY

12:00 pm - SMART

7:30 pm - SMART



SMART Recovery

with Mental Health & Addiction Services of Ottawa

Our weekly meetings are held on zoom.
You can join by entering the link below:

www.smartrecovery.zoom.us/my/mhasosmart

TUESDAY

9:00 am - Military &
Police

12:00 pm - SMART Tools

WEDNESDAY

12:00 pm - SMART

7:00 pm - Womens
SMART

7:30 pm - In-Person
SMART

THURSDAY

12:00 pm - SMART

7:30 pm - Family &
Friends

FRIDAY

12:00 pm - SMART

SATURDAY

10:00 am - SMART

SUNDAY

10:00 am - 2SLGBTQIA+
SMART



www.mhaso.ca ~ info@mhaso.ca ~ 613.225.7272