



## SMART Recovery meetings in Connecticut – Updated 12/13/2018

### **Standard meetings:**

#### **Mondays 7:00 – 8:00 PM in West Haven**

American Legion  
337 Main Street  
*Facilitator contact info:*  
Loreen Lawrence: chaz2421@gmail.com  
203-508-4407  
*(please call day of meeting to check if cancelled)*

#### **Tuesdays 1:30 – 2:30 in Hartford**

*(discussion meeting)*  
St. Elizabeth Friendship Center  
118 Main Street  
*Host contact info:*  
Susan Wilk: suzywilk@gmail.com  
860-716-7458

#### **Tuesdays 5:00 – 6:00 PM in Torrington**

McCall Center for Behavioral Health  
58 High Street  
*Facilitator contact info:*  
Sara Osborn: sara.osborne@mccallcenterct.org  
860-496-2139

#### **Tuesdays 7:00 – 8:00 PM in West Haven**

VA Hospital, 7<sup>th</sup> floor of building 1  
950 Campbell Avenue  
*Facilitator contact info:*  
Lorri Brown-Ominski: lorriominsky@gmail.com  
203-494-6255

#### **Tuesdays 7:45 – 8:45 PM in New Haven**

Southern Connecticut State University  
Engleman Hall Room A113  
501 Crescent Street  
*Facilitator contact info:*  
Shayn Williams-Burris: shayn@smartrecoveryct.org  
203-936-7855

#### **Wednesdays 7:00 – 8:00 PM in New Haven**

AGORA (formerly The Grove)  
760 Chapel Street  
*Facilitator contact info:*  
Shayn Williams-Burris: shayn@smartrecoveryct.org  
203-936-7855

#### **Thursdays 6:00 – 7:00 PM in Hamden**

Whitneyville Cultural Commons  
1253 Whitney Avenue  
*Facilitator contact info:*  
Gaboury Benoit: gabouryb@gmail.com  
203-401-1556

#### **Fridays 1:00 – 2:00 PM in West Haven**

VA Errera Community Care Center  
2nd Floor, Left hand side (SADP) Program Room B  
114 Boston Post Road  
*Facilitator contact info:*  
Loreen Lawrence: chaz2421@gmail.com  
203-508-4407  
*(please call day of meeting to check if cancelled)*

#### **Fridays 7:00 – 8:30 PM in Southbury**

UCC Southbury  
283 Main Street North  
*Facilitator contact info:*  
Richard or Carol Siddall: richards@smartrecoveryct.org,  
carols@smartrecoveryct.org  
475-209-8100

#### **Saturdays 10:15 – 11:45 AM in New Haven**

Wilson Branch of the New Haven Free Public Library  
303 Washington Avenue  
*Facilitator contact info:*  
Richard or Carol Siddall: richards@smartrecoveryct.org,  
carols@smartrecoveryct.org  
475-209-8100

#### **Sundays 6:00 -7:00 PM in Hamden**

Quinnipiac University Albert Schweizer Institute  
275 Mt. Carmel Avenue  
*Facilitator contact info:*  
Shayn Williams-Burris: shayn@smartrecoveryct.org  
203-936-7855

For more info about SMART Recovery visit:

**[www.smartrecovery.org](http://www.smartrecovery.org)**

## ***Family and Friends meetings:***

### **Mondays 5:30 – 6:30 PM in Torrington**

McCall Center for Behavioral Health  
58 High Street  
*Facilitator contact info:*  
Sara Osborn: sara.osborne@mccallcenterct.org  
860-496-2139

### **Mondays 6:30 – 7:30 PM in Hamden**

The Children's Center of Hamden, Wakeman Hall  
1400 Whitney Avenue  
*Facilitator contact info:*  
Gaboury Benoit: gabouryb@gmail.com  
203-401-1556

### **Mondays 6:45 – 8: 00 PM in Milford**

RM4  
570 Boston Post Road  
*Facilitator contact info:*  
Tonya Blyth: tblyth@bridgesmilford.org  
203-464-1079

### **Thursdays 6:00 – 7:30 PM in Hartford**

Trinity College – Trinity Commons Room 142  
240 New Britain Avenue  
*Facilitator contact info:*  
Pamela Mulready: pamela.mulready@trincoll.edu

### **Thursdays 6:30 – 8:00 PM in Fairfield**

Sullivan Independence Hall 1<sup>st</sup> Floor Meeting Room  
725 Old Post Road  
*Facilitator contact info:*  
Kate Venison: info@healthymindsct.org  
203-840-1187

There are many online meetings,  
a forum, and 24 hour chat at:

**[www.smartrecovery.org](http://www.smartrecovery.org)**

## ***Teen meetings (ages 13-18):***

### **Tuesdays 5:00 – 6:00 PM in New Haven**

AGORA (formerly The Grove)  
760 Chapel Street  
*Facilitator contact info:*  
Shayn Williams-Burris: shayn@smartrecoveryct.org  
203-936-7855

### **Wednesdays 5:30 – 6:45 PM in Milford**

RM4  
570 Boston Post Road  
*Facilitator contact info:*  
Danielle Levesque: dlevesque@bridgesmilford.org  
203-464-1079

### **Thursdays 4:30 – 5:30 PM in Torrington**

McCall Center for Behavioral Health  
58 High Street  
*Facilitator contact info:*  
Sara Osborn: sara.osborne@mccallcenterct.org  
860-496-2139

### **Thursdays 5:30 – 7: 00 PM in Norwalk**

Norwalk Public Library  
1 Park Street  
*Facilitator contact info:*  
Eliza McNamara: emcnamara@healthymindsct.org  
203-840-1187

### **Fridays 3:30 – 5:00 PM in Fairfield**

Wakeman Hall, First Congregational Church  
148 Beach Road  
*Facilitator contact info:*  
Ally Kernan: akernan@healthymindsct.org  
203-840-1187

## ***Young adult meetings (ages 18-24):***

### **Wednesdays 6:00 – 7:00 PM in Hartford**

Trinity College – Trinity Commons Room 142  
240 New Britain Avenue  
*Facilitator contact info:*  
Pamela Mulready: pamela.mulready@trincoll.edu

**SMART Recovery meetings are free of charge. For most meetings there is no need to call ahead.  
Closed or private meetings are not listed here.**

