

# ONLINE SMART RECOVERY

## SMART online meetings

<b>Monday</b>	8am to 9.30am	12 to 1.30pm	8.30pm to 10pm
<b>Tuesday</b>	11am to 12	7.30 to 9pm	
<b>Wednesday</b>	11am to 12	7 to 9pm	
<b>Thursday</b>	10am to 11.30am	7.30 to 9pm	
<b>Friday</b>	1pm to 2.30pm	7.30 to 9pm	
<b>Saturday</b>	11am to 12.30		
<b>Sunday</b>	6.30pm to 8pm		

## SMART family and friends online meeting

<b>Monday</b>	7.30 to 9pm
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**How to attend a meeting on line** <https://smartrecovery.org.uk/online-meetings/>

**Before you attend/ what you need to do**

- ◆ Everyone participating in the online meetings will need speakers or a headset so that they can hear the Facilitator and other participants talking. The simplest way of checking in advance of the meeting whether your speakers will work, is to visit the [BBC News website](#) and check if you can hear videos. If you cannot hear these, you will need help with your computer before coming to the meeting. If you can hear, but do not have a microphone, you can still participate using text.

**Accessing the meeting** <https://smartrecovery.org.uk/online-meetings/>

- ◆ When entering the room please select the 'guest' option and enter your community name.
- ◆ **Important** – the room is usually open **15 minutes before the advertised start time**. If you are asked to sign in, this means that the room is not yet open, please wait until the 'guest' option is available.
- ◆ To get to the meeting you need to follow the **Meeting Participant Link below**:

Smart Meeting <https://smartrecovery.org.uk/online-meetings/>

Smart family and friends <https://smartrecovery.org.uk/online-meetings/>