



SMART Recovery®

Life beyond addiction

Summit Emotional Health is excited to offer a limited SMART Recovery series for Summer 2025

WHEN:

Thursday, May 29th
Thursday, June 12th
Thursday, June 26th
Thursday, July 10th
Thursday, July 24th
Thursday, July 31st
Thursday, August 14th
Thursday, August 28th

TIME: Group will meet from 12pm to 1pm

LOCATION: Summit Emotional Health -Group Room
8921 Three Chopt Road, Suite 300 (third floor)
Richmond VA 23229

COST: Free & open to the public, no registration required

Groups will be facilitated by **Nani Moskal, LCSW** & trained SMART Recovery facilitator.



Nani has been certified in SMART Recovery training since March 2019 and has been facilitating weekly SMART meetings for years. Nani specializes in working with adolescents, adults, and families facing addiction issues, with extensive experience addressing substance use disorders in both individual and group therapy settings. She utilizes the Cognitive Behavioral Therapy (CBT) model regularly in her work with clients and enjoys the supportive, therapeutic approach that group offers to addressing addiction and related issues.

For questions about this group, you may contact Nani directly at
nani.moskal@summit-eh.com

To learn more about SMART Recovery meetings, visit
<https://smartrecovery.org/>

Summit
EMOTIONAL HEALTH