



Summit Emotional Health is excited to offer a once monthly SMART Recovery series for 2026

WHEN:

Once a month, on the 3rd Thursday of each month

Thursday, Feb 19th
Thursday, March 19th
Thursday, April 16th
Thursday, May 21st
Thursday, June 18th

Thursday, July 16th
Thursday, August 20th
Thursday, September 17th
Thursday, October 15th
*November & December dates TBD

TIME: Group will meet from 11am to 12pm

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