



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

WHEN:

Once a month, on the 3rd Tuesday of each month:

Tuesday, May 19th
Tuesday, June 16th
Tuesday, July 21st
Tuesday, August 18th

Tuesday, September 15th
Tuesday, October 20th
Tuesday November 17th
December dates TBD

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