



SMART Recovery Meeting

Connect and Thrive: Join a SMART Recovery Meeting



“ I love these groups! There is not one strict way that we are told to do things – it is whatever works for you and that is okay!”

What is SMART Recovery?

Free, practical, peer-led, evidence-based support groups that enable you to champion your own behaviour change around alcohol and other drug use, gambling or any behaviour of concern.

Why SMART?

1. Set weekly goals that work for you.
2. No stigma, labels or judgement.
3. Learn practical self-help tools.
4. Attend as you need.
5. Learn strategies that actually work from peers who understand.

Find a Meeting

Choose your own path to a healthier future.
Meet online or in person.

WHERE:

WHEN:

REGISTER AT:

Remember, your recovery matters, and support is just a meeting away!

For more information, visit
smartrecoveryaustralia.com.au

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