



# 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](http://smartrecoveryaustralia.com.au)

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