



**DOES YOUR  
LOVED ONE  
HAVE AN  
ADDICTION?**

**JOIN OUR FAMILY SUPPORT GROUPS**

## SMART FAMILY & FRIENDS SUPPORT GROUPS ARE FOR ANYONE AFFECTED BY THE ADDICTIVE BEHAVIOUR OF SOMEONE CLOSE TO THEM.

SMART Family & Friends helps family members, friends or carers to develop more effective coping strategies and find a greater sense of fulfilment in their own lives.

Our groups help people to find the motivation to change, engage in self-care, challenge their own thinking, and communicate assertively. We provide strategies to stay safe, seek support, problem solve and set goals.

Our groups are run by trained facilitators who often have their own experiences as a family member affected by a loved one's relationship with alcohol, drugs, gambling or other problematic behaviours. Our approach is evidence-based, secular and non-judgemental.

*“The focus is not on the person with the problem behaviour, but to teach practical skills to the supporter to improve their own resilience and wellbeing” - Josette Freeman  
- Senior Program Manager*

Your nearest SMART Family & Friends location:



For more information, contact  
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