



**Yarn Our Way,
Heal Your Way:
Yarn SMART**

Connect and Thrive: Join a Yarn SMART Recovery Meeting



Yarn SMART Meetings

SMART Recovery Australia's Aboriginal and Torres Strait Islander recovery program is dedicated to providing culturally appropriate and empowering support to Indigenous individuals seeking to overcome addiction and achieve lasting recovery.

SMART Recovery's 4-point program principles:

1. Building and maintaining motivation
2. Learning to cope with urges and cravings
3. Problem solving
4. Find a lifestyle balance

The 4Cs are based on Aboriginal Social and Emotional Wellbeing models of care:



Why SMART?

- Meet online or in person
- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self-help tools
- Attend as you need
- Run by Mob, for Mob

Meeting Details

WHERE:

WHEN:

For more information, visit
smartrecoveryaustralia.com.au