

A photograph of three people walking outdoors. On the left is a man with a beard and grey hair, wearing a dark blue tank top. In the middle is a woman with long blonde hair, wearing a white crop top and light-colored shorts, with sunglasses hanging from her neck. On the right is a woman with long dark hair, wearing a dark floral patterned shirt. They are all smiling and looking towards the right. The background is a bright, clear sky.

# 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)