

SMART Recovery

Are you concerned about your alcohol and/or other drug use?

Self Management Recovery Training (SMART)

SMART is a self-help group that can assist you to make the changes you want.

Groups explore practical skills that can help you deal with your issues, make plans and achieve the goals that you set yourself.

SMART Recovery is based on four basic principles:

1. building and maintaining motivation
2. coping with urges and cravings
3. managing thoughts, feelings and behaviours
4. living a balanced lifestyle

SMART Recovery meetings

- focus on the present and future
- focus on planning and setting goals for the next seven days
- are about learning to plan your recovery by making the changes you want



palmerston.org.au

We acknowledge Aboriginal people as the traditional custodians of this land upon which we walk together. We recognise that Palmerston services are located on Nyoongar country.