

SMART Recovery Groups – Information Sheet

Self Management and Recovery Training (SMART) Recovery groups are run every week across all of Palmerston's branches. In a supportive group environment, SMART Recovery group members are encouraged to set goals and challenge each other to change their strategies and approach to goal setting. The aim of SMART Recovery is to help individuals gain control over their addictive behaviour, achieve a balanced lifestyle and lead meaningful lives.

SMART Recovery groups are flexible, so participants can attend for as many weeks as they like. The groups do not spend time going over the past but rather they focus on the present and work on making changes to improve the individual's lifestyle. **No bookings are necessary, just come along.**

Where are SMART Recovery groups being held?

Where	Phone	When
Palmerston Perth 134 Palmerston Street, Northbridge	9328 7355	Tuesday and Thursday 6.30pm – 8.00pm Friday 10.00am – 11.30am
Fremantle South Metro Community Alcohol and Drug Service Level 3, 22 Queen Street, Fremantle	9430 5966	Wednesday 10.30am – 12noon <i>and</i> 6.00pm – 7.30pm
Rockingham South Metro Community Alcohol and Drug Service Unit 2, 31 Council Avenue, Rockingham	9550 9200	Monday 5.30pm – 7.00pm Thursday 10.00am – 11.30am
Mandurah South Metro Community Alcohol and Drug Service 91 Allnutt St, Mandurah	9581 4010	Tuesday 6.00pm – 7.30pm Wednesday 10.30am – 12.00noon
Thornlie South East Metro Community Alcohol and Drug Service 312 Spencer Road, Thornlie	9267 2400	Wednesday 10.00am – 11.30am <i>and</i> 6.00pm – 7.30pm
Armadale South East Metro Community Alcohol and Drug Service Unit 2, 26 Prospect Road, Armadale	9399 5344	Saturday 10.30am – 12noon
Albany Great Southern Community Alcohol and Drug Service Suite 1, 63 Serpentine Road, Albany	9892 2100	Wednesday 5.30pm – 7.00pm Thursday 1.00pm – 2.30pm
55 Central – Crisis and short-term accommodation 55 Central Ave, Maylands Contact: Wayne: 0437 743 788 or Sam: 0438 643 873	9328 7355	Monday 10.00am – 11.30pm
ONLINE https://smartrecoveryaustralia.com.au/online-meetings/		Friday 1.30pm – 3.00pm

Our services are free, confidential and everyone is welcome