

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 |
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| 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 |
| Armadale South East Metro Community Alcohol and Drug Service Unit 2, 26 Prospect Road, Armadale | 9399 5344 | Saturday 10.30am – 12noon |
| Bunbury 99-101 Victoria Street, Bunbury | 6724 6900 | Tuesday 12.30pm-2.00pm |
| 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 |
| Mandurah South Metro Community Alcohol and Drug Service 91 Allnutt St, Mandurah | 9581 4010 | Tuesday 6.00pm – 7.30pm Wednesday 10.30am – 12.00noon |
| Perth 134 Palmerston Street, Northbridge | 9328 7355 | Tuesday 2.00pm – 3.30pm Thursday 6.00pm – 7.30pm Friday 10.00am – 11.30am |
| Rockingham South Metro Community Alcohol and Drug Service Unit 2, 31 Council Avenue, Rockingham | 9550 9200 | Monday (from 3 August) 5.30-7.00pm Tuesday (from 4 August) 10.00am – 11.30am |
| 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 |
| 55 Central – Crisis and short-term accommodation 55 Central Ave, Maylands Contact: Wayne: 0437 743 788 or Cherie: 0438 643 873 | 9328 7355 | Monday 10.00am – 11.30am |
| ONLINE https://smartrecoveryaustralia.com.au/online-meetings/ | | Friday 2.00pm – 3.30pm |

Our services are free, confidential and everyone is welcome