

## 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
<b>Albany</b> Great Southern Community Alcohol and Drug Service Suite 1, 63 Serpentine Road, Albany	9892 2100	<b>Wednesday</b> 5.30pm – 7.00pm <b>Thursday</b> 1.00pm – 2.30pm
<b>Armadale</b> South East Metro Community Alcohol and Drug Service Unit 2, 26 Prospect Road, Armadale	9399 5344	<b>Saturday</b> 10.30am – 12noon
<b>Bunbury</b> 99-101 Victoria Street, Bunbury	6724 6900	<b>Wednesday</b> 12.30pm-2.00pm
<b>Fremantle</b> South Metro Community Alcohol and Drug Service Level 3, 22 Queen Street, Fremantle	9430 5966	<b>Wednesday</b> 10.30am – 12noon <i>and</i> 6.00pm – 7.30pm
<b>Mandurah</b> South Metro Community Alcohol and Drug Service 91 Allnutt St, Mandurah	9581 4010	<b>Monday</b> 10.30am – 12.00noon <b>Tuesday</b> 6.00pm – 7.30pm
<b>Perth</b> 134 Palmerston Street, Northbridge	9328 7355	<b>Tuesday</b> 2.00pm – 3.30pm <b>Thursday</b> 6.00pm – 7.30pm <b>Friday</b> 10.00am – 11.30am
<b>Rockingham</b> South Metro Community Alcohol and Drug Service Unit 2, 31 Council Avenue, Rockingham	9550 9200	<b>Monday</b> 5.30-7.00pm <b>Tuesday</b> 10.00am – 11.30am
<b>Thornlie</b> South East Metro Community Alcohol and Drug Service 312 Spencer Road, Thornlie	9267 2400	<b>Wednesday</b> 10.00am – 11.30am <i>and</i> 6.00pm – 7.30pm
<b>ONLINE</b> <a href="https://smartrecoveryaustralia.com.au/online-meetings/">https://smartrecoveryaustralia.com.au/online-meetings/</a>		<b>Friday</b> 2.00pm – 3.30pm

The group times and days are current as at October 2021.

**Our services are free, confidential and everyone is welcome.**

