

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
Albany Great Southern Community Alcohol and Drug Service Suite 1, 63 Serpentine Road, Albany	9892 2100	Wednesday 5.30pm – 7.00pm
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	Wednesday 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 Thursday 10.00am – 11.30am
Perth 134 Palmerston Street, Northbridge	9328 7355	Tuesday 2.00pm – 3.30pm Thursday 6.00pm – 7.30pm (online) Friday 10.00am – 11.30am 2.00pm – 3.30pm (online)
Rockingham South Metro Community Alcohol and Drug Service Unit 2, 31 Council Avenue, Rockingham	9550 9200	Monday 6.00pm – 7.30pm Friday 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
ONLINE Visit https://www.palmerston.org.au/services/groups/ for links to online meetings.		

The group times and days are current as at **March 2023**

Our services are free, confidential and everyone is welcome.