

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 6.30pm – 8.00pm 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 22 Tuckey Street, Mandurah	9581 4010	Monday 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
Albany Great Southern Community Alcohol and Drug Service Unit 3, 90 Frederick Street, Albany	9892 2100	Thursday 12noon – 1.00pm
Katanning Great Southern Community Alcohol and Drug Service 19 Daping Street, Katanning	9821 8306	Wednesday 10.30am – 12noon

Our services are free, confidential and everyone is welcome.