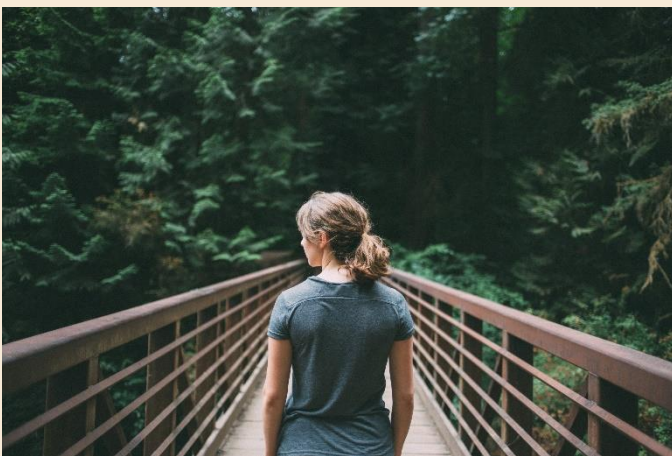


Smart Recovery Group

SMART (Self-Management and Recovery Training) for people who want to work through any behavior change.

SMART Recovery is a free group program to help any problematic behaviour including addiction to alcohol or drugs, gambling, shopping, food, internet, relationships, or others.

Guided by trained peers and professionals, participants come to help themselves and help each other in a safe and supportive space.



Smart Recovery Joondalup

Thursdays 12:30—2:00pm

Open and Ongoing

No Appointment necessary

luma.org.au

70 Davidson Terrace

Joondalup WA

Call Karen for more information 0415 729 877

Email: wellness@luma.org.au

LUMA FOR HER HEALTH AND WELLBEING