

SMART Recovery Group

SMART (Self-Management and Recovery Training) for people who want to work through any behaviour 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 Northbridge

Wednesday 10am—12pm

Feb 7—April 10, 2024

Creche available

Call Karen for more
information 0415 729 877

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AND WELLBEING