



# SMART Recovery for Adults

## A fresh approach to addiction recovery

Group program for people aged 18+ who wish to change addictive and other unhealthy behaviours relating to drugs, alcohol and more.

Using the SMART Method, you'll **focus on the present** and **set goals for the future** in this peer-led group.

This includes learning skills to reduce unhealthy behaviours, and adopt behaviours that will help you reach your goals and make positive change.

- **St Kilda** (all genders) -  
88 Alma Road,  
Tuesdays 1:00 - 2:30pm
- **Cranbourne** (all genders) -  
2/7-9 Bakewell Street,  
Thursdays 11:00am - 12:30pm
- **Bentleigh** (women's group) -  
421 South Road, Wednesdays  
11:00am - 12:30pm.

Check our website for up-to-date group times.

No need to register - you are welcome to just show up.



### More information (and to check latest group times):

[windana.org.au/services/smart-recovery-groups/](https://windana.org.au/services/smart-recovery-groups/)  
[windana@windana.org.au](mailto:windana@windana.org.au) | **03 9532 0811**

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting [directline.org.au](https://directline.org.au)