



SMART Recovery for Adults

A fresh approach for addiction recovery

SMART Recovery Adult is a group for people aged 18+ who wish to change addictive and other unhealthy behaviours relating to drugs, alcohol and more.

Using the powerful SMART Method, you'll join a peer-led group where you can **focus on the present** and **set goals for the future**.

This includes learning skills to reduce unhealthy behaviours,

and adopt the behaviours that will help you reach your unique goals and make positive change.

Windana runs SMART Recovery Adult groups at two locations:

- **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.

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/
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