



SMART Recovery for Young People

A fresh approach to addiction recovery

SMART Recovery groups help young people aged 11 to 25 change addictive or other unhealthy behaviours related to drugs, alcohol and more.

You'll work with peers who have been in your shoes before to **focus on the present** and **set goals for the future**. This includes learning skills to reduce unhealthy behaviours, and adopt behaviours that will help you reach your goals and make positive change.

Windana runs SMART Recovery Youth groups at two locations:

- **Moorabbin** - At our Youth Hub, Shop 1, 4-6 Station Street, Thursdays 10:30am - 11:30am
- **Frankston** - 31 Playne Street, Tuesdays 12:30pm - 1.30pm.

These times can change. Contact us or check the website for current 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/
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