



# SMART Recovery for Young People

## A fresh approach for addiction recovery

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

Using the powerful SMART Method, 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 stop the behaviors you

want to change, so you can focus on reaching your unique goals and building the life and future you want.

Windana runs SMART Recovery Youth groups at two locations:

- **Moorabbin** - At our Youth Hub, Shop 1, 4-6 Station Street, Thursdays 1:30pm - 3:00pm
- **Frankston** - 31 Playne Street, Tuesdays 1:00pm - 2:00pm.

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)