

How to join the SMART Recovery group

Anglicare host free, face-to-face SMART Recovery group meetings each week. To find your nearest group being run by Anglicare, please call **1800 243 232**.

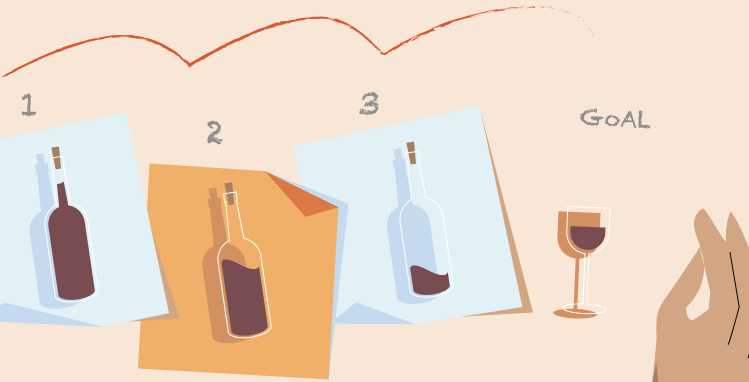
You can also find online meetings by visiting the SMART Recovery Australia website, smartrecoveryaustralia.com.au/online-smart-recovery-meetings-2
anglicare-tas.org.au/smart-recovery



AnglicareTAS
Choice, support and hope

1800 243 232
anglicare-tas.org.au

SMART RECOVERY GROUP



Choose your
own path to a
healthier future

Free
practical
support
group



SMART Recovery

Come with a purpose, leave with a plan

What is SMART Recovery?

Self Management and Recovery Training (SMART) is a group program offering a supportive environment for people to achieve their behaviour change goals around alcohol, drug use or other behaviours of concern.

Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behavioural therapy (CBT) and motivational tools and techniques.

SMART Recovery is based on a 4-Point Program:

1. Build motivation
2. Cope with urges
3. Problem solving
4. Lifestyle balance

Some of the tools and techniques SMART Recovery uses to help you manage your own addictive behaviours include:

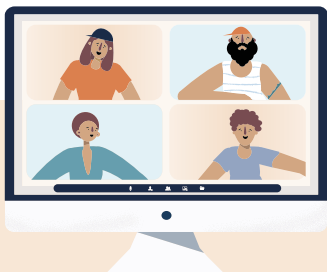
- Identifying the pros and cons of the behaviour
- Identifying the triggers, beliefs and consequences
- Managing cravings and urges
- Learning how to set goals
- Identifying areas of importance.

Why choose SMART?

- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self-help tools
- Attend when you need to.

What to expect

- Weekly 90-minute meetings run by a trained facilitator.
- Check-in - a discussion of how your previous week went.
- The focus of each session will be on the addictive behaviour, not the substance itself.
- Goal setting - you will be guided to set your own achievable plan for the week ahead.



Meeting guidelines

- Respect
- Confidentiality
- One person talking at a time
- Non judgmental
- No 'drug talk'
- Mobile phone off
- No intoxication
- Remain in room for the duration of the meeting
- No children allowed.