



SMART Recovery Group

SMART (Self-Management and Recovery Training) for people who want to work through any behavior change.

SMART Recovery is a free group program to help any problematic behaviour including addiction to alcohol or drugs, gambling, shopping, food, internet, relationships, or others.

Guided by trained peers and professionals, participants come to help themselves and help each other in a safe and supportive space.

**No appointment necessary,
just walk in!**

Contact wellness@whfs.org.au
or call Karen on 0415 729 877

 **SMART** Recovery
Australia

SMART Recovery

Thursdays
12:30pm to 2pm

Open Group
Ongoing
2022

Lotteries House
70 Davidson Terrace
Joondalup

WOMEN'S ONLY
GROUP



womens health
& family services