

How to become a meeting facilitator

SMART Recovery Australia provides professional training courses for peers and professionals wanting to become SMART Recovery facilitators and start new groups in the community.

If you are interested in becoming a SMART Recovery meeting facilitator or would like more information, please contact:

- ☎ (02) 9373 5100
- ✉ smartrecovery@srau.org.au
- 🌐 www.smartrecoveryaustralia.com.au

24
HR

FREE 24-HOUR SUPPORT SERVICES
Alcohol & Drug Information Service (ADIS)

- New South Wales
(02) 9361 8000
1800 422 599 (rural)
- Victoria
1800 888 236
- Queensland
1800 177 833
- Australian Capital Territory
(02) 6207 9977
- Northern Territory
1800 131 350
- Tasmania
1800 811 994
- Western Australia
(08) 9442 5000
- South Australia
1300 131 340

SMART Recovery Australia



Our Vision

Make the SMART Recovery program available to all people living in Australia.



Our Purpose

Empower Australians with practical skills, tools and support to manage addictive behaviour.



Our Social Impact

SMART Recovery Australia helps people to help each other manage addictive behaviours for the improvement of the health and social well being of the community.

SMART Recovery Australia is a registered health promotion charity

To find more information visit
www.smartrecoveryaustralia.com.au
Ph: (02) 9373 5100

 SMART Recovery
Australia

TAKE CONTROL OF YOUR ADDICTIVE BEHAVIOURS



Free weekly meetings Australia-wide
www.smartrecoveryaustralia.com.au
Ph: (02) 9373 5100

What is SMART Recovery?

SMART (Self Management and Recovery Training) Recovery is a free group program assisting people with any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others.

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

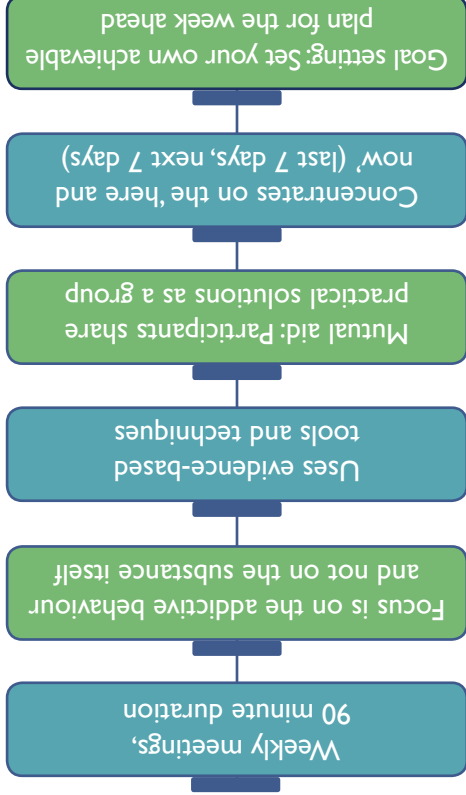


–Josette Freeman

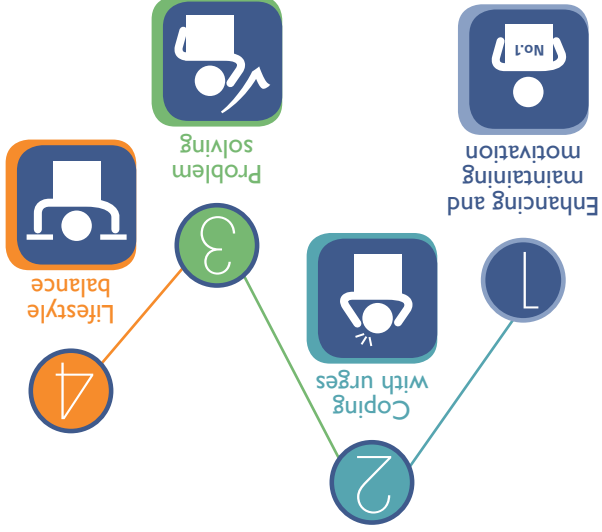
Counsellor, Registered Nurse, SMART Recovery Facilitator and SMART Recovery Australia National Program Coordinator.

“Watching our participants help each other and seeing them utilise practical tools and strategies to make progress is definitely the most rewarding part of what we do.”

Come with a purpose, leave with a plan



4 point program



Some of the tools and techniques to help you manage addictive behaviours



- Pros and cons of problematic behaviour
- Triggers, beliefs and consequences
- Craving and urges
- Goal setting
- Areas of importance