



## Free weekly meetings Australia-wide

SMART (Self Management and Recovery Training) Recovery is a free group program assisting any problematic behaviours, including drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others. Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

Visit our website to find out more  
[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)  
Or call 02 9373 5100

The next SMART Recovery meeting is on

Monday 11:00 to 12:30 pm  
Friday 11:00 to 12:30 pm  
Gateway Health Wangaratta  
45-47 Mackay street