

COME WITH A PURPOSE, LEAVE WITH A PLAN!

SMART Recovery Australia's free self management and Recovery Training program for people wanting to take control of addictive behaviours is coming to Bass Coast Health.

This 4 point program focuses on enhancing & maintaining motivation, coping with urges, problem solving, & lifestyle balance to assist participants in managing problematic behaviours, including drugs, alcohol, cigarettes, gambling, food, shopping, internet & others.

Commencing Friday, September 27

Where: Allied Health Building, Bass Coast Health, 235 Graham Street, Wonthaggi

Frequency: Weekly meetings each Friday at 1pm

SMART Recovery meetings are run by a trained facilitator and go for approx. 90 minutes.



For more information you can visit: www.smartrecoveryaustralia.com.au
to register your interest or for any queries please call the Family Resource Centre on 5671 3278.