



ALCOHOL & OTHER DRUGS

SMART RECOVERY GROUP

How we can help

Odyssey House Community Services offers SMART (Self-Management and Recovery Training) program to support and assist people concerned about their drug and/or alcohol use.

Participants will learn new skills to overcome challenges that may be impacting not only their life and health but their friends, family and wider community.

Contact our Assessment Team to secure your position in this free program. Join at any time.

Find out more

Participants will gain skills and support with:

- Focus on the addictive behaviour and not on the substance itself
- Use evidence-based tools and techniques
- Mutual aid: participants share practical solutions as a group
- Concentrates on the 'here and now' (Last 7 days, next 7 days)
- Goal setting: set your own achievable plan for the week ahead

When

6.00 pm to 7.30 pm / Mondays and Thursdays / except public holidays
New group participants are welcome to join at any time after completing an assessment over the phone

Where

Suite 3, Level 3/83 Flushcombe Road, Blacktown

Community Services: 1800 397 739

T: 02 9622 7511 / F: 02 9831 7337

E: csws@odysseyhouse.com.au / W: www.odysseyhouse.com.au

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