

# ABORIGINAL SMART Recovery Program

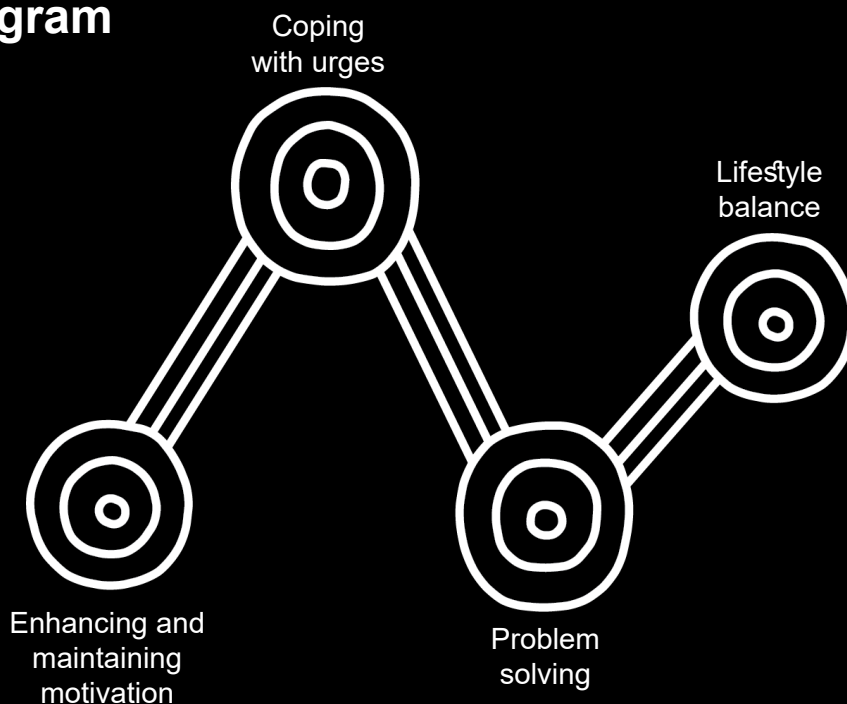
## What is SMART Recovery?

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 workers, you will learn a range of tools to manage what you are struggling with and to motivate you.

*This group is for Aboriginal community members only and is run by Aboriginal facilitators.*

## Come with a purpose, leave with a plan

### 4 Point Program



**Tuesdays weekly 12:30pm - 2pm from  
28th July to 15th September 2020**

**Koolyangarra Aboriginal Family Centre**  
1 Kington Place, Cranebrook NSW 2749

FREE 90 minute program. Transport available.

Contact Bronwyn for more information on 02 4706 0280/ 0439 455 139.

*Supported by Office of Responsible Gambling*



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

*Respect. Resilience. Reconciliation.*

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