



Choose your own path to a healthier future

What is SMART Recovery? Free, practical support groups that train you to champion your own behaviour change around alcohol and other drug use, gambling or any behaviour of concern.

Why SMART

- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self help tools
- Attend as you need.

"I love these groups! There is not one strict way that we are told to do things – it is whatever works for you and that is okay!"

Meet In Person

When: Tuesdays 10:30am - 11:30am

Where: Kwila Rehab
137 Old Maitland Road
Hexham NSW 2322

Call: 0456 983 384

Web: www.kwilarehab.com.au

