

Do you need support to make meaningful change?
Are you struggling to find a starting point?



Meet Steve & Abbie

Steve & Abbie both have lived experience with problematic behaviours related to alcohol & drugs

WHY SMART?

- Free and completely Confidential
- No stigma, labels or judgement
- Learn practical self-help tools
- Set weekly goals that work for you
- No booking required, just walk in
- For people aged 16+

HOW TO PARTICIPATE:

Face to Face meetings:

Mondays (fortnightly) 11am

Whyalla Library, 19 Ekblom St

Tuesdays 11am

Port Augusta Salvation Army, 1/96 Carlton Pde

Wednesdays 11am,

Port Pirie Lifeline Connect, 79 Esmond Rd

Thursdays 11am

Kadina RSL, 57 Taylor St

Online via ZOOM:

Every Friday from 11am

Contact Abbie or Steve on 8638 3900 more info or visit www.cobh.com.au/smartrecovery