

FOOTPRINTS SMART RECOVERY GROUP



Starting Date: To Be Confirmed



Time: 10am - 11:30am



Location: 31 Thomas Street,
West End Downstairs Group
Room

What is the SMART Recovery group?

Self-Management and Recovery Training (SMART) Recovery is a free group assisting with any problematic behaviours - including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others. Guided by trained professionals, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

What we expect from you ?

- Weekly meetings of a 90-minute duration
- Run by trained facilitator
- Focus on the addictive behaviour and not on the substance itself
- Set your own achievable plan for the week ahead
- Concentrate on present and future, not on the past
- Evidence-based tools / techniques (cognitive behavioural therapy) and motivational interviewing

What we expect from you

- Participate in the group for 90 minutes (no breaks)
- Follow group guidelines
- Interactive group: each person will have a chance to speak about their problematic behaviour, how it is affecting them, and make a plan for the next seven days

Eligibility

- Live in North and South Brisbane Area
- Aged between 18 and 65



For more information contact:

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