



**TAKE  
CONTROL  
OF YOUR  
ADDICTIVE  
BEHAVIOURS**



## Online Group

SMART Recovery is a free program assisting people with any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others.

Guided by trained peers and professionals, participants come to help themselves and each other using a variety of proven tools and techniques.

### Fridays

10:00am to 11:30am

### Register here

<https://smartrecoveryaustralia.com.au/online-meetings/lifeline-darling-downs-south-west-qld-online-smart-meetings/>

or scan the QR code below



Or use the shortened url- <https://tiny.cc/lifelinesmart>

**Come with a  
purpose, leave  
with a plan.**



**For more information,  
call**

**1300 991 443**