

SMART RECOVERY - How to access on-line meetings

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Online addiction support meetings

SMART Recovery online meetings use evidence-based tools to empower people seeking assistance for addiction to drugs, alcohol, gambling, cigarettes, food, etc. The meetings are free and run weekly for 90mins. Each meeting is guided by a trained facilitator. Meetings are conducted using a combination video (optional), voice and the chat box feature. You can register for various different online meeting times following the website below -

<https://smartrecoveryaustralia.com.au/online-smart-recovery-meetings-2/>

4-point program

- 1. Build and maintain motivation*
- 2. Cope with urges and cravings*
- 3. Manage thoughts, feelings and behavior*
- 4. Lead a balanced life*

Format

- Weekly group meetings*
- 100% online*
- Run by a trained facilitator*
- Practical and evidence-based recovery tools*

Approach

- Focus on behaviour, not substance*
- Self management*
- Harm minimisation*
- No labels ('addict', 'alcoholic', etc)*

The Outcome

- Recovery journey defined by you
- Healthy, happy and meaningful life
- Deeper relationships with yourself, family & friends

Information

PLEASE NOTE: All meeting times below are listed in Australian Eastern Daylight Time (AEDT) Each meeting runs weekly and participants must register each week.

You don't have to appear on camera. Meetings are conducted using a combination video (optional), voice and the chat box feature.

Our meetings focus on the BEHAVIOURS, and not the substance - meaning they are suitable for any problematic or addictive behaviour - including alcohol, drugs, gambling, as well as eating disorders.

The group lasts 90 minutes and there are no breaks. It is a mutual-aid interactive group where people are all there to help themselves and help each other. People report back on how their last week has been, discuss the agenda item they have put forward and what their plans are for the coming week. The SMART Recovery tools are taught and used during the meeting.

Our online meetings are best accessed via laptop or desktop computers. As well as using audio, the meetings encompass a text chat box feature that isn't visible for mobile and tablet users. If the facilitator needs to mute everyone's audio, the chat box is the only way to communicate - which means mobile are unable to participate. If you must attend using your mobile phone, please ensure there is no background noise.